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She's so NOW



We've got a serious girl crush on this lady in red



Pair with pink, p72

We want *now*, p64

Rebel heart

Anyone feeling a bit lonely on Valentine's Day could do with channelling their inner Rebel Wilson. The standout star of must-see new film How To Be Single, Rebel proves she can certainly play the Hollywood game without compromising herself and is at the very top of our list of celebs we'd love to go out drinking with.

Recently single after splitting from co-star Mickey Gooch Jr at the end of last year, Rebel, 35, admits she finds it hard to meet men when all she wants to do after a long day at work is just 'chill at home'. 'I've been eternally single and I think I like it a little bit too much. I'm very independent and always have been,' she says.

But this year she's vowed to 'navigate through the crazies' and get out there more so she can meet someone special.

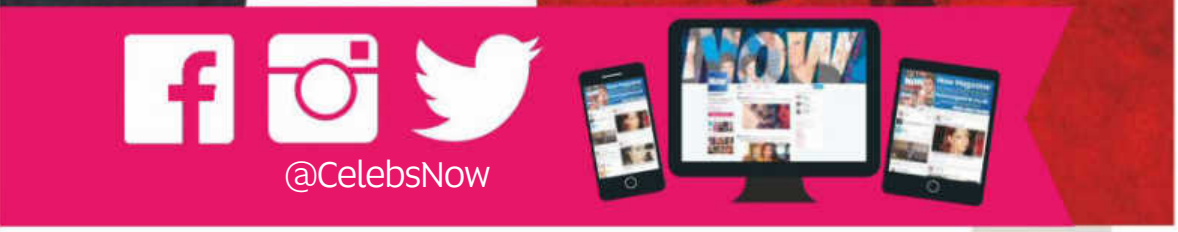
We reckon they'll have to be pretty amazing to match up to her.



Louise Bennett, Assistant Editor (News Content)
Follow me on Twitter @louisebennett

Rebel as Robin in How To Be Single totally styles it out

Cover photos: Xposure, Splash, Wenn, FameFlynet, INF, Rex Features, Photoshot. She's So Now photos: Rex



Inside this week

Get your heart on, p70



On the cover

8 Barely recognisable: Katie Price, Sam Faiers, Simon Cowell, Courteney Cox & loads more!
14 Louis Tomlinson
17 Perrie Edwards & Zayn Malik
20 Cheryl Fernandez-Versini

News & Features

6 Lovejuice
23 Lucy Mecklenburgh & Louis Smith
24 Rita Ora
27 Professor Green
28 Big boob backlash
30 Tom Cruise
33 Need To Know Now
37 Hollywood Now
41 Blac Chyna
43 Gwyneth Paltrow
44 Instapix
46 Celeb Shopping Selfies
48 First Dates' Merlin
52 Loved up celebs
58 Celebs in Spanx

Instaglam

60 What's Trending Now
64 Most Wanted
66 Valentine's quiz
72 Perfect match

Lifestyle & Entertainment

77 You & Improved
79 Oh My Bod: Nadia Forde
81 Homes
83 Scopes
84 The Fix
89 Celebword
90 Whatever Happened To: Big Brother's Grace & Mikey

Lovejuice

Who's **dating**, **mating** and **hating**



KOURTNEY & SCOTT BACK TOGETHER!

We can't keep up with the Kardashians! After six months apart, Kourtney Kardashian seems to have rekindled her troubled romance with her partner of nine years, 'bad boy' Scott Disick.

We spotted the pair being very cuddly with each other on a shopping trip at kitchenware store Williams-Sonoma in Calabasas, California. And it looks like their romantic reunion has the blessing of momager Kris Jenner, 60, who joined them.

Kourtney and Scott, who have three children together – Mason, six, Penelope, three, and Reign, 14 months – split in July last year, after Scott, 32, was pictured looking intimate with ex-girlfriend Chloe Bartoli. Recently however, Kourtney, 36, hinted that the estranged couple are now rebuilding their relationship.

Last week, in an interview with Ellen DeGeneres on her US chat show, the reality TV star gushed: 'I feel like every day is different, but we're totally getting along. Like, we have three beautiful kids together. He's family. He'll always be.' Well, nothing says true love like shopping for kitchenware together.

Words: Joshua Fox. Photos: Xposure, Rex

Caitlyn's surgery confession

Caitlyn & Kris Jenner

Caitlyn, 66, has sent even more shock waves through the Kardashian klan. The transsexual star revealed how she had started her transition in 1990, growing breasts through hormone treatment, but had them removed at the start of her relationship with Kris. 'I was a good 36B. I loved them,' Caitlyn confessed. 'My mission was to transition before I was 40. When I got to 39... [Kris and I] hit it off from day one. I actually had my boobs removed. I never told anyone that.'



AGE GAP ROMANCES

Cougar Sarah





Sarah Harding & Benjamin Costain

It's emerged that Sarah, 34, has had a fling with a 21-year-old lad called Ben, who, um, still lives with his parents. Despite her rep claiming they're now 'over', a source revealed they're 'likely to reunite' when she's finished filming The Jump. You go girl!

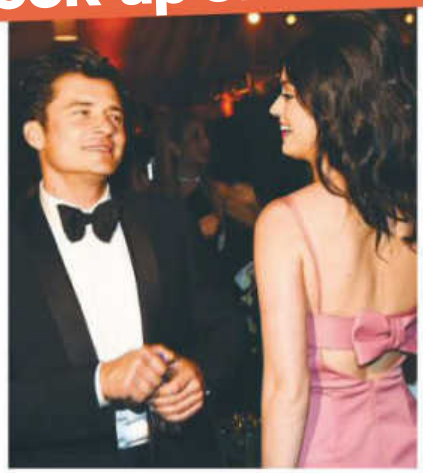
Nancy's sex-crazed toyboy



Nancy Dell'Olio & Jordan Davis

In the oddest hook-up of the year so far, Nancy, 54, has been spotted on a date with Ex On The Beach star Jordan Davis, 23, and she's invited him to Rome! 'I am still a single man and loving life,' Jordan tells us. He also bragged: 'I have slept with over 700 women.'

Hottest hook-up of 2016!



Katy Perry & Orlando Bloom

Katy, 31, has confirmed her romance with Orlando, 39, after they were seen holding hands on a dinner date in Hollywood. And we're Bloomin' excited! The pair sparked rumours of a romance after flirting up a storm at the Golden Globes in January. Now it seems they've won the award for hottest hook-up of 2016 so far!

LOVE ladder



Scarlett Moffatt

Gogglebox's Scarlett, 24, has launched a national search to find a man via the Capital Radio show she co-hosts. Turn to p33 for more.

Hotting up



Phil Collins & Orianne Cevey

It's the most surprising reunion of the year! Phil, 66, and Orianne, 41, are back together – even *after* she won £25m in their 2007 divorce.





Tiffany Pollard & Aktion LA Jackson

Despite her happily 'tashing on' with Scotty T in the CBB house, unknown rapper Aktion has come forward and said he's in a relationship with Tiffany, 34.

Going off

Hilary Duff & Mike Comrie

Their divorce has now been finalised, with Hilary, 28, forced to pay wealthy heir Mike, 35, £1.7million.

Crush corner

RUSSELL TOVEY, 34



Russell caused a man to faint after taking his top off while performing in A View From The Bridge on Broadway. The show was halted and the man in question tweeted he was 'mortified.' Actually, we feel a bit faint too...



KATIE PRICE, 37

She's never claimed to be a fan of the natural look, but Katie's latest pout pic left fans begging her to give the Botox a break with comments such as: 'You're going too far with the Botox. Starting to look a bit plastic,' and: 'OMG what have you done to your face?'

Katie's been open in the past about cosmetic procedures on her face and admitted that there were times when she went to the extreme. 'Sometimes I've gone too far with it – my lips and my face – but I recognise that,' Katie admits. 'You don't have Botox to look younger, just to refresh your face.'

Mr Sultan Hassan of Elite Surgical says: 'I can see that she's had work done to her nose and lips and may have smoothed out the jawline. She could also have had an upper blepharoplasty to remove her eye bags.'

UNRECOG

These celebrities have changed their look dramatically, but is it down to Botox or

DARYL HANNAH, 55

We did a double take when we saw what the Splash star looks like these days! The actress has been accused of undergoing a variety of facial procedures over the years, but has always slammed reports, saying: 'There are so many people in Los Angeles who've had cosmetic surgery and they all look like muppets....

There was a picture taken a while ago of me emerging from the ocean with my hair slicked back and no make-up on. I looked as though I had puffy, squinty eyes and the rumour went round I'd had work done. I lost jobs because of it and I thought about suing.'



NEW FACES 2016

SAM FAIERS, 25

Sam has always vehemently denied having any kind of surgery, insisting that she hasn't had fillers or an eye lift and calling accusations that she's been under the knife hurtful. Recent pictures do show Sam's face looking slightly puffier than usual – but as a new mum to a six-week-old baby, perhaps her altered appearance is down to all those late-night feeds...



NEW MUM FACE

NISABLE!

beauty tricks? Now does some secret agent work to find out...

VICKY PATTISON, 28

There's no denying Vicky has changed dramatically since she first appeared on our screens in Geordie Shore in 2011. And while she's admitted to having a boob job, she's hit back at claims she's had Botox and fillers in her face.

'I've always been honest about my approach to surgery,' she's said. 'I'm not against it and I think women get a lot of stick for doing things that make them happy, but it's not for me. I'm 28 so I don't feel I need Botox. I have a good make-up artist.'

Mr Hassan agrees, saying: 'I don't believe Vicky's had any surgery. The changes are more likely due to her losing weight, softening the heavy tan and changing her make-up look.'

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NEW FACES 2016

COURTENEY COX, 51

Fighting to hold back the years, the Friends actress is looking less and less like herself. With puffy cheeks and small eyes, it's clear she's had some work done. 'It's no secret I've had some Botox in the past, but I won't go under the knife,' she's said. But she doesn't rule out non-invasive procedures, admitting: 'I'm game for anything. I'm very open to trying to prolong the inevitable. I'm a big believer in lasers – I really think they're the wave of the future.'



LASER TRICKS



BOTOX FREEZE?

MEGAN FOX, 29

Has she or hasn't she? There's certainly something different about Megan's face these days and many have pointed out that it looks like her nose and cheeks have changed significantly. Although Megan has neither confirmed or denied the surgery rumours, she did respond to the claims by creating a Facebook album in 2011 called Things You Can't Do With Your Face When You Have Botox, featuring a series of snaps of herself pulling faces.

CLEVER CONTOURING



VANESSA WHITE, 26

Launching her solo career, The Saturdays singer has undergone a total make-up transformation leaving fans gushing: 'She looks so different.' Vanessa posted a photo of her new look on Instagram last week with the caption: 'Love my new hair thank you so much @inanchlondon xxxx.'

Her make-up artist Celena Hancock revealed Vanessa has dumped her usual red lippy for Nizz Cosmetics' Moroccan Nude matte lipstick and has started using Charlotte Tilbury contouring products, suggesting Van's new look is entirely down to her make-up bag.

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NEW FACES 2016

UMA THURMAN, 45

When the Kill Bill actress stepped out looking like this, it caused wild speculation that she must have had surgery. But her make-up artist Troy Surratt has a different explanation, saying: 'I wanted to give Uma a statement lip balanced by a more feathered brow with soft natural lashes.' That's right, Uma looks different because she's ditched the mascara! 'I know I look weird. I guess nobody likes my make-up,' she said afterwards.



NO MASCARA



CHEMICAL PEELS

NICOLE KIDMAN, 48

Nicole admits to toying with Botox, saying: 'No surgery for me. I did try Botox unfortunately, but I got out of it and now I can finally move my face again.' While fans have speculated she's had some cosmetic work done, the Aussie actress insists: 'I am completely natural. I wear sunscreen, I don't smoke and take care of myself.' Mr Hassan adds that he believes Nicole's complexion has benefited from regular chemical peels.

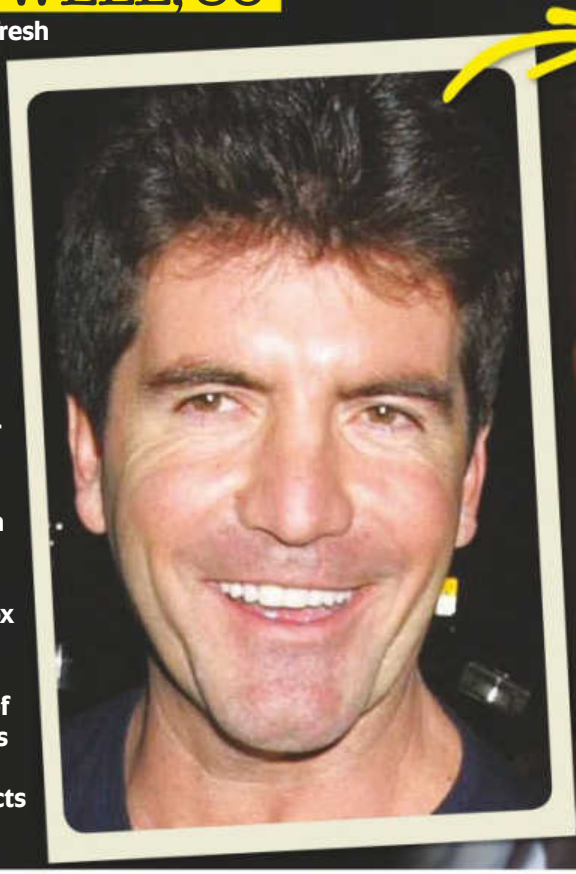
SIMON COWELL, 56

He's swapped his usual fresh appearance for tired and unshaven in recent months. Now fans are concerned Simon's using too much Botox after he stepped out looking puffy and exhausted last week.

Last year, queen of plastic surgery Sharon Osbourne criticised Si's look, saying: 'His face is so full of Botox and filler it doesn't move. He's quite open about it.'

A typically candid Simon said: 'Hopefully I look better – I probably did have a bit too much Botox a couple of years ago.'

Mr Hassan agrees: 'I can't see any evidence of surgery but his face does show signs of getting older, added to the effects of his lifestyle.'



TOO MUCH BOTOX

Words: Louise Bennett, Caroline Millington and Lauren Franklin. Photos: Wenn, FameFlynet, Rex Features, PA, Corbis, Xposure, INF, Getty Images, Photoshot

FIRST LOOK!

INSIDE 1D NEW DAD-PA

Keen to be as hands-on a dad as possible, Louis Tomlinson is splashing out on a new home in the Hollywood Hills, just down the road from his son Freddie and the boy's mum Briana Jungwirth, 23.

The mansion, which is worth £15 million, is owned by hypnotist Paul McKenna, who's renting it out for a mere £35,000 a month! But this isn't just a dad-pad – it's a bachelor's dream. Forget nappy disposal bins and sterilisers, the property boasts four spacious bedrooms, a luxury swimming pool, a gym and a sun terrace with spectacular views of LA.

The One Direction star will be following in the footsteps of Sean Connery, Richard Gere and The Rolling Stones, who are all former inhabitants of Casa del Louis.

'It's known as a party house', says McKenna. Sounds like the baby isn't the only thing that will be keeping his dad up at night...







BEDROOM
One of the mansion's four bedrooms with expansive views of LA

Louis can catch up on some well needed sleep in here!



LOUNGE
There's plenty of space for lounging about in this dad-pad



KITCHEN
Featuring what looks like the biggest oven EVER...

Nice kitchen area to give Freddie his 3am feed

LOUIS' AD!

It's fair to say Tommo's slicker than your average dad...





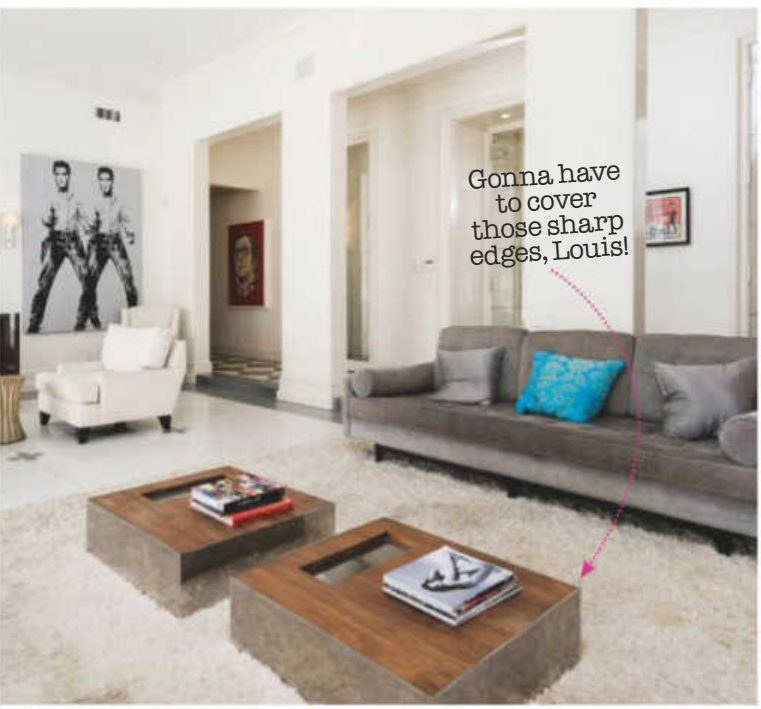
Louis wants to help Freddie's mum Briana as much as he can



POOL
No celebrity pad in LA is complete without one



BAR
The perfect place for a party when it's Dad's night off

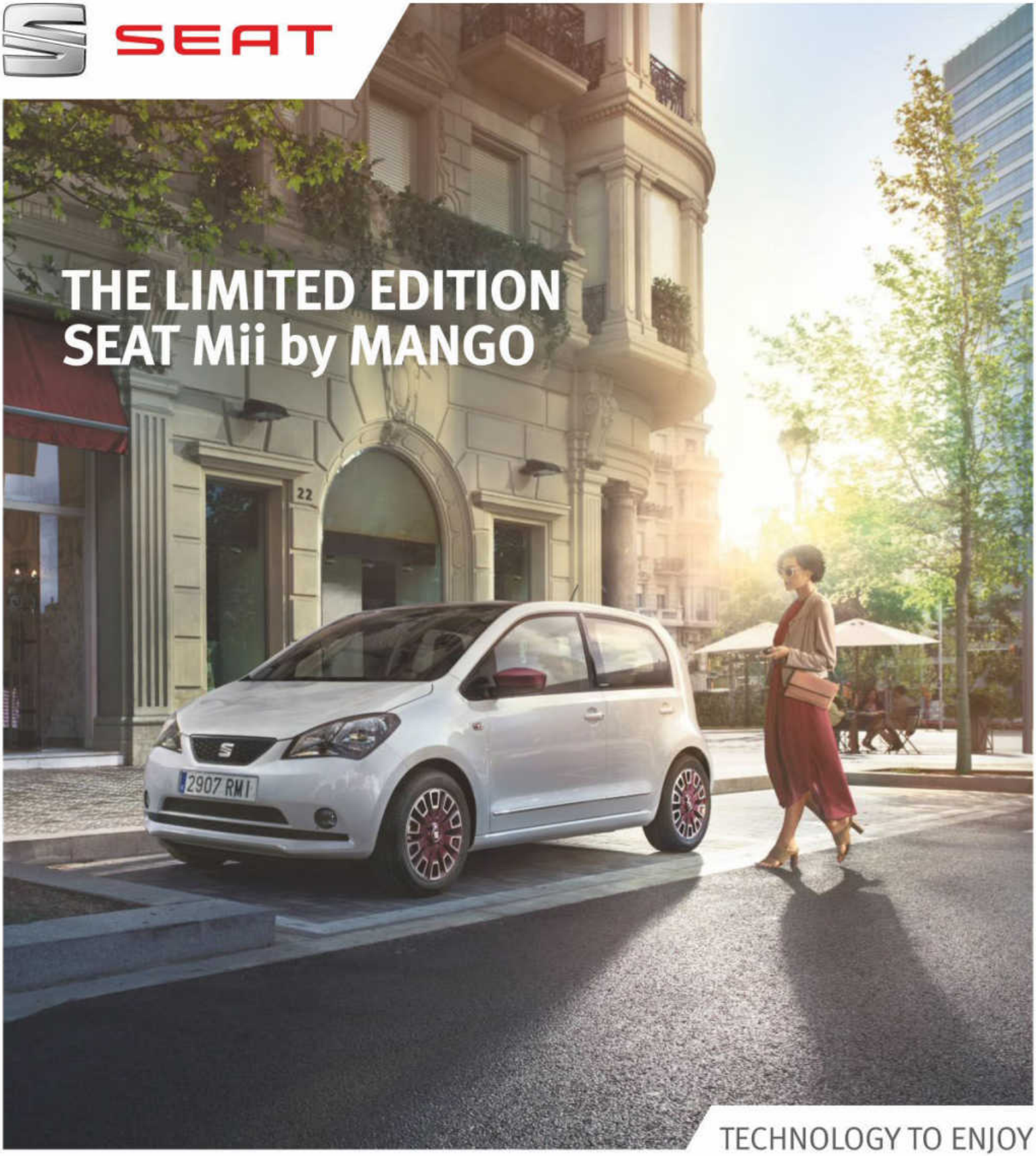




CINEMA
Freddie's got his own personal screening room!

Words: Lauren Franklin. Photos: Fame Flynet, Splash, Xposure. With special thanks to Ian 'Daddy' Cave

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IS PERRIE TRYING TO GET ZAYN BACK?



Zayn's not keeping his love for Gigi a secret

With secrets of their relationship revealed, Perrie ramps up the sexy

As strong, cool and feisty as Perrie Edwards is, it can't be easy when your fiancé calls off your engagement and moves on to model-of-the moment Gigi Hadid, 20 – and rubs your face in it with Instagram posts and paparazzi shots.

But that's what Zayn Malik's done and since then, 22-year-old Perrie's Instagram has become increasingly sexier and more suggestive. Is Perrie making a play to get Zayn, 23, back while taking subtle swipes at his new girlfriend? Gigi certainly seems to think so.

'Gigi is gunning for Perrie because she thinks she's using her Instagram to cryptically slag her off – making fun of Zayn's video, hinting that Zayn's love songs are about her,' a friend tells us. 'Gigi says: "Perrie's so jealous, she's trying to LOOK LIKE ME!"'

However, Perrie's shrugging off such accusations, believing she and Zayn were a far more authentic couple. 'Their romance looks so fake,' she told a mutual friend. 'At least Zayn and I kept our relationship private – they seem to be obsessed with publicity. We were really in love!' But is Gigi on to something? Let's take a look at the evidence...

'ZAYN AND I WERE REALLY IN LOVE'

Words: Lauren Franklin. Photos: Planet Photos, Splash, Xposure

EXHIBIT A



'I'm better in bed than Gigi'

Zayn's single Pillowtalk is sexy, passionate, and said to be about Perrie. The night it was released she uploaded this dimly lit pic with the comment: 'I could play all night.'

EXHIBIT B



'Sports Illustrated, eat your heart out'

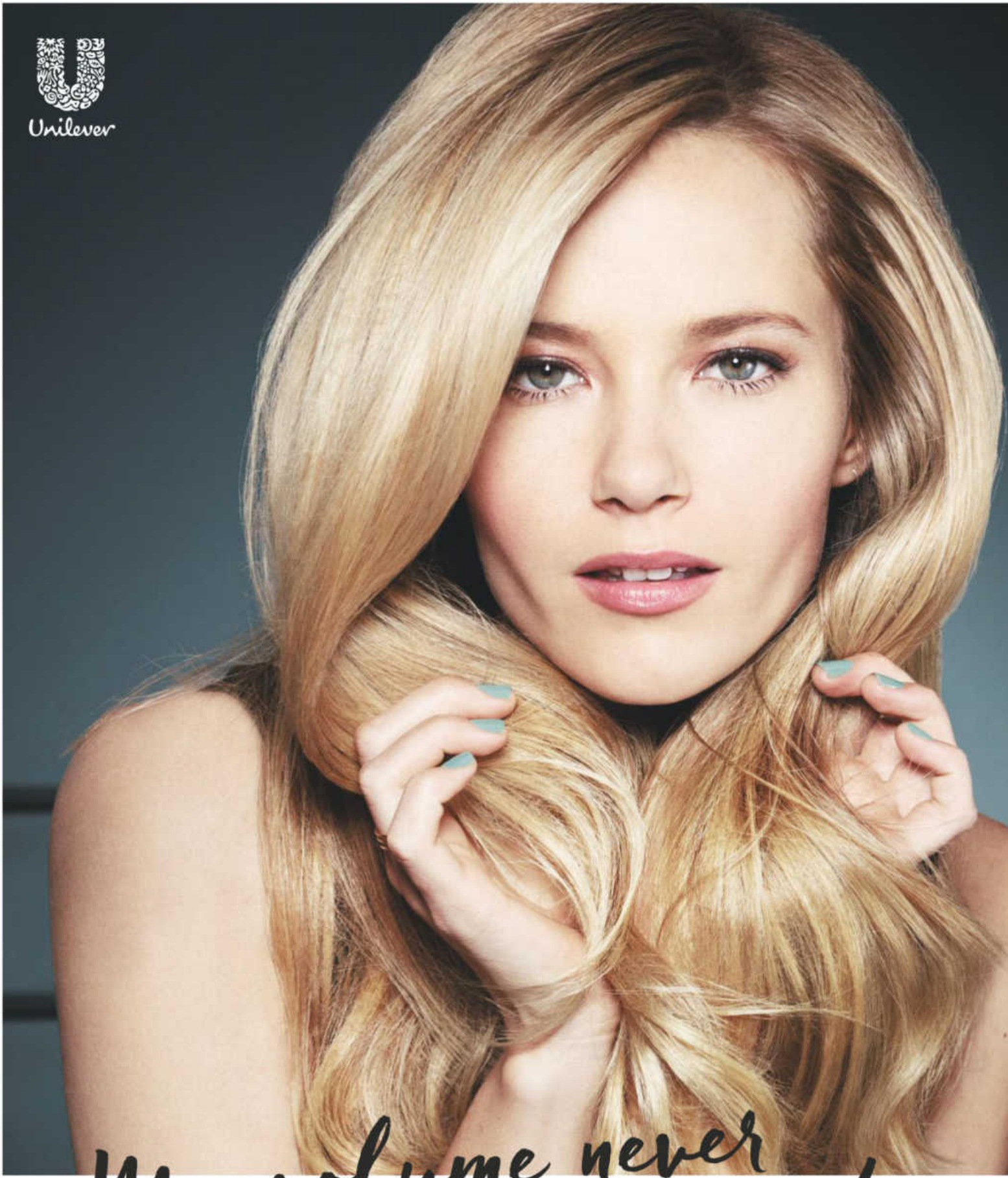
Gigi may have graced the iconic Swimsuit Edition cover of Sports Illustrated, but Perrie's curves can compete. Her recent holiday snaps would surely have got Zayn's attention.

EXHIBIT C



'Give good face'

With her tousled, beachy hair and full lips – and letting those big blues make some mega eye contact with the camera – Perrie has mastered the selfie à la Hadid style.


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How Cheryl went from 6½st to this



GAUNT
This is how she looked just one month ago!

These holiday pics show that Cheryl's getting back on form

LLY LOOKING THIER AGAIN

For weeks now, we've been worried about Cheryl Fernandez-Versini as she continued to look frighteningly thin, with jutting bones and sunken features. She'd been holed up at home as news emerged of her marriage split, and when she did venture out her tiny frame was clear to see.

But pics of Cheryl basking in the sun with her closest friends for Kimberley Walsh's wedding celebrations last week showed the 32-year-old looking healthy and happy for the first time in months – even sharing bikini selfies from her hotel room.

With the Barbados trip looming, it was clear Cheryl knew she wouldn't be able to disguise her body and has embarked on a healthy eating plan and fitness regime.

Her decline increased as The X Factor drew to a close, and her figure became noticeably frailer each week. Having spent the second half of 2015 dealing with the collapse of her marriage to Jean-Bernard, Cheryl's weight plummeted to an alleged 6½st.

Flash forward just four weeks and Cheryl already looks revitalised. While last year her legs looked snap-inducingly lean, they're now returning to their natural state – toned and strong. And reassuringly, her trademark dimples have made a welcome return, brightening her smile and eradicating those gaunt hollows that had become a fixture.

It's not just her figure, either – since her split with JB, Cheryl's been seen spending time with friends and family, including mum Joan, whose presence had been scarce during the marriage. 'She's been notably happier since the split was announced,' a close friend reveals. 'She used to gag when she'd see food, but now she's hungry and has more energy.'

Cheryl has also enlisted the help of a nutritionist who has her eating three meals a day. 'She has either eggs with veg for breakfast or oatmeal with raisins,' says a friend. 'Mid-morning she'll have lean beef or a slice of cheese. Lunch is a hearty salad with either cheese or fruit and always some nuts like almonds. She tried avocado, but found it far too rich.'

'SHE EATS THREE MEALS A DAY'

Her afternoon snack is a light yogurt with half a banana or pineapple with cottage cheese and for dinner we're told she has 'lean fish or chicken with pasta, or a rice meal'. Nothing is off limits and she allows herself sweet treats, too. 'She has dessert once a week,' the friend tells us. 'Her favourite is chocolate mousse!'

While she takes control of her eating habits again, Cheryl is also renewing her focus on physical fitness by attending Kobox gym, which is owned by her PA Lily England's boyfriend Shane Collins. 'She goes at least once a week,' a friend tells us. 'It's a really high-octane 45-minute class that's a mixture of boxing and weights.'

Another pal told us she's revived her love for dancing again as well: 'That's her exercise of choice. She loves exercising to music and working up a sweat.' It's great to see Cheryl bouncing back.



SKINNY
Her's ribs were visible in this snap from July last year

From bony to bonny: Cheryl's clearly healthier

Words: Lauren Franklin. Photos: Splash, WENN



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THE HOLIDAY THAT BROKE LUCY AND LOUIS

Just weeks after their Dubai break, the pair have split

It was meant to be the romantic getaway that would save their relationship, but just weeks after these pictures were taken on a beach in Dubai, it's emerged that Lucy Mecklenburgh, 24, and her 26-year-old boyfriend Louis Smith have gone their separate ways.

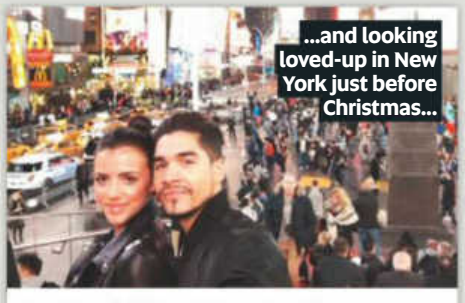
After meeting on BBC reality show Tumble in 2014, where Lucy was a contestant and Louis was a judge, the couple went on to date for 14 months before calling time on their relationship last week. Reports suggest Lucy was keen to settle down but Louis didn't feel ready to get married.

It's a massive turnaround from their intimate body language on the beach in the Emirates. After returning from their pre-Christmas break in the sun, the couple jetted to New York and then celebrated their one-year anniversary over New Year in Thailand, with Lucy tweeting: 'Love him to bits. Bring on 2016!!!!' A source revealed: 'Lucy and Louis wanted different things. They really hoped their holiday would bring them back together but if anything it just made things worse.'

Words: Louise Bennett. Photos: Splash



Despite being all about PDAs in Dubai last December...



...and looking loved-up in New York just before Christmas...

lucymeck1 Times Square selfie 🇬🇧🇺🇸👰🎄 What a trip!!!! Thanks @louissmith1989 for a holiday I'll never forget, best bday pressie ever! .. Love you 😘 #NYC #timessquare

...and smitten in Thailand for NYE, celebville's hottest couple are over *sad face*

lucymeck1 I hope u all have a fantastic night tonight!!! Me & Louis will be celebrating a few hours earlier than all of u in the uk 💛🙈💃🎉 It's our 1 year anniversary at midnight 😴❤️👏 Can't believe I've put up with him for a WHOLE YEAR 😱 .. jokes 😉 love him to bits 😘😘😘 Bring on 2016!!!!!!!!! Xxx #nye



BRUNO MARS 2009
They met before they were both famous. Rita said: 'It was love at first sight. I was 18 and starting out. I thought: "Wow, that's just the world's greatest guy!"'



ROB KARDASHIAN 2011-2012
After the pair split, Rob tweeted: 'She cheated on me with nearly 20 dudes.' Rita later countered: 'I never thought it was actually a relationship.'





DRAKE 2012
Also known as Aubrey Graham, he wrote Rita's hit single RIP and she joined him on tour as his warm-up act. It was later reported that they were dating.



SNOOP DOGG 2013
In 2015, Rita posted a throwback pic of her and Snoop filming the Torn Apart video in 2013, captioned: 'Miss you @snoopdogg #besttimeiveEvahadinThailand'



FAMOUS MEN*

Last week, a US tabloid reported on a secret dinner date between Gerard Butler

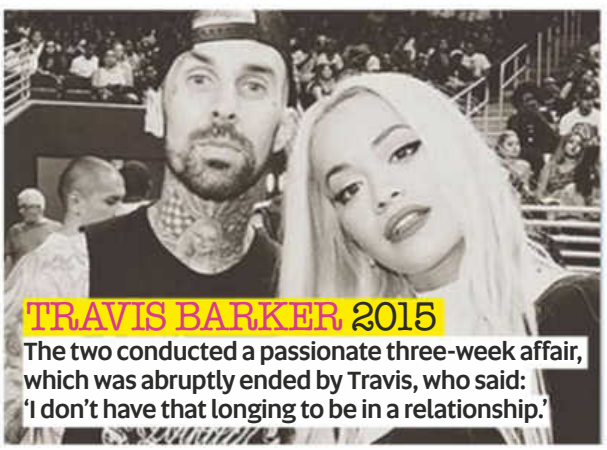


CALVIN HARRIS 2013-2014
The relationship ended badly, with Calvin forbidding Rita to use songs he'd produced on her forthcoming album.



CARA DELEVINGNE 2014
Though they never confirmed they were more than just friends, Rita set tongues wagging when she said: 'She's officially mine. I've taken her off the market.'





TRAVIS BARKER 2015
The two conducted a passionate three-week affair, which was abruptly ended by Travis, who said: 'I don't have that longing to be in a relationship.'



WIZ KHALIFA 2015
After the pair performed on stage together in LA last August, a source said the backstage chemistry between Rita and Amber Rose's ex was 'electrifying'.



CHRIS BROWN 2015
Chris and Rita's X-rated performance of their duet Body On Me led to rumours the pair were more than just colleagues.

Words: Louise Bennett, Hannah Fernando and Lauren Franklin.
Photos: Getty Images, Instagram, Rex Features, Splash, Twitter, Wireimage, Xposure

*AND A WOMAN!



JONAH HILL, 2012
Jonah was said to be at the heart of Rita's split with Rob after rumours began to circulate that she'd cheated on Rob with the actor during a trip to New York.



A$AP ROCKY 2012
She had a brief fling with the rapper, which was only revealed last year when he cruelly slated Rita in his song Better Things.



EVAN ROSS 2013
Rita was spotted kissing Diana Ross's son at a party in New York club GoldBar in January 2013 after meeting at a Roc Nation party the previous year.



DAVE GARDNER 2013
Rita dated David Beckham's best mate just before she met Calvin Harris. The two are still on good terms.



JUST ♥ RITA...

and Rita Ora. But who else has fallen under her spell?



JUSTIN BIEBER, 2014
Rita did nothing to quash rumours she'd been 'cosying up' to Justin in the studio. 'I like his stance and how he carries himself,' she said.



LEWIS HAMILTON 2015
They were seen leaving a hotel together the morning after the British Fashion Awards. Lewis also joined her for her 25th birthday celebrations.





YONI LAHAM 2016
They met through mutual friends and were spotted on a lunch date in Hollywood, with pals already referring to them as 'boyfriend and girlfriend'.



GERARD BUTLER 2016
Last month they were seen sharing a meal at a hotel in Hollywood. They reportedly went into a private dining room after a newly single Gerard paid the bill. Is this her new man?



Happy Valentine's Day



£25

A Luxury dozen red rose Bouquet

From 12th February
Hand-wrapped bouquet of a dozen stunning Dutch grown Large-headed Red Naomi roses complemented with a delicate spray of gypsophilia.



£1.99

Chocolate Truffles



£4.49

Cabernet Sauvignon Rosé



£5.39

Italian Prosecco Spumante



£9.99

French Champagne



£1.99

Strawberries

Happy Valentine's Day.

Luxury Rose Bouquet, Dutch Grown Large Headed Red Naomi Roses, in store from the 12th February. J.D. Gross, Finest Chocolate Truffles, 150g £1.33/100g. French Cabernet Sauvignon Rosé, Chevalier de Fauvert NV, 75cl £4.49/75cl. Italian Prosecco Spumante, Allini NV, 75cl £5.39/75cl. French Champagne Brut, Comte de Senneval NV, 75cl £9.99/75cl. Valentine's Strawberries, 340g £5.85/kg. All offers subject to availability. Excludes N.I. & R.O.I. Prices correct at time of going to print & valid for a limited period only. Packaging & measurements may vary. Available in selected stores only, excluding limited range stores. **drinkaware.co.uk** for the facts

‘I’D TAKE DRUGS IF I WAS HOMELESS!’

Professor Green reveals he’s using work to keep him from being ‘distracted’



Another NOW Exclusive

He turned his back on the dark world of crime, going from a drug dealer who nearly got killed twice to top musician and TV star. But despite completely transforming his life, Professor Green admits it’s still a constant battle to stay clean.

Pro, 32, reveals to Now in an exclusive interview that he’s chosen to be a workaholic in an effort to distract himself from the temptations of his past. ‘I’ve had no break at all. I fare well when I work hard and it stops me from getting distracted with... all the things on offer. Yeah, I feel really good about work,’ admits Pro, who last year released his autobiography Lucky, made his first documentary Suicide And Me and hosted Channel 5’s Lip Sync Battle.

Speaking about his latest project Professor Green: Hidden And Homeless, he hinted at those ‘things on offer,’ admitting he’d take drugs again if he was on the streets like those he met while filming the hard-hitting BBC documentary. ‘When you see how some people live, you’ll know why so many take drugs,’ says Pro. ‘I would! If I found myself living in those conditions and if it would take me away from the reality I was faced with day in, day out, I would 100 per cent because it is *that* bad.’

‘I KNOW WHY SO MANY TAKE DRUGS’

After being propelled into the limelight five years ago with hit song Read All About It, Pro has had more than his fair share of controversy. In 2014 he was banned from driving for a year for drink-driving, and later admitted he’d had suicidal thoughts at the height of his troubles, just two months after marrying Millie Mackintosh, 26. Last year, he bravely admitted he’d been having therapy for depression.

Pro has been putting his tormented past to good use, raising awareness of mental health issues and committing to another two BBC documentaries, an album and new ITV1 show Drive.

‘I’ve been fortunate,’ he admits. ‘If I was just doing the documentaries it wouldn’t be good for my mental health. You can’t do them without losing a part of yourself, but they also leave a lot with you as well.’

Pro fronted Suicide And Me for BBC3 last year

Professor Green: Hidden And Homeless is on BBC3, 9pm on 9 February and catch-up on BBC iPlayer

Words: Amy Brookbanks. Photos: Rex

What’s going on with Millie?



They tied the knot in 2013

Last week Pro confessed he’d spent just one day this year with his wife – but also strongly denied any rumours that his marriage was on the rocks. However, now Pro’s unfollowed Millie on Instagram and just last week journalists were told not to ask him about his wife, so you can’t blame us for wondering why...



Pro and Millie have spent one day together since 1 January

LAUREN GOODGER

In December 2013, Lauren, 29, enhanced her boobs from a 34D to a 34E. However, since dropping four dress sizes the ex-TOWIE star is wishing her bust was smaller. Saying that they look 'weird and too far apart', Lauren added: 'I've said I'd never get them reduced, but I'm considering it now. Large boobs can make you look bigger than you are. I'm an E-cup and would like to be a small D.'





ARIEL WINTER

The Modern Family star, 18, went under the knife in June to reduce her naturally 32F bust to 34D. Happy with the results, she had no qualms showing her scars when she walked the SAG Awards red carpet in January. 'They're part of me, I'm not ashamed of them,' she said.



BIG B BACK

For these stars, bigger isn't better...

Natural or surgically enhanced, big boobs have long been celebrated assets in the world of celebrity. However, while many love having curvier figures, there are a growing number of women who are after a more modest cleavage. With a C-cup becoming the most frequently requested size in the surgeon's office, recently some stars have been having breast reductions, implants removed or confessed they're sick of having large breasts. Welcome to the Big Boob Backlash...

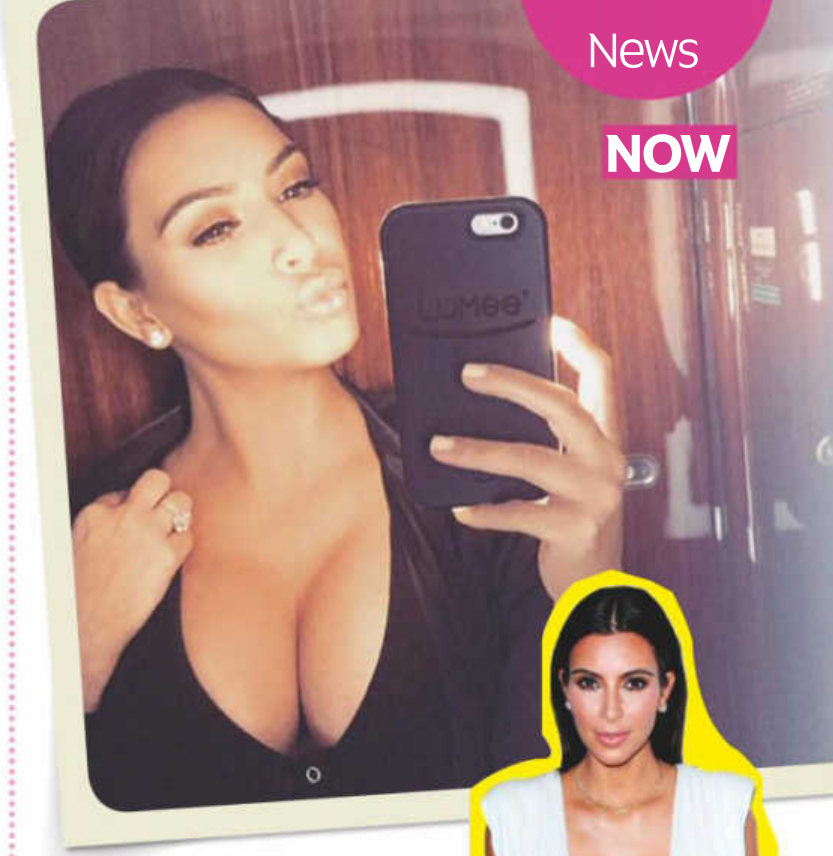
Words: Lauren Franklin. Photos: Rex, Instagram



KATIE PRICE

She's had seven breast ops in 17 years, but in 2015 Katie, 37, decided she'd had enough of her 32FFs and went back to her natural size of 32B. 'I feel a lot more confident without my implants,' she said. She's since had smaller implants put back in.



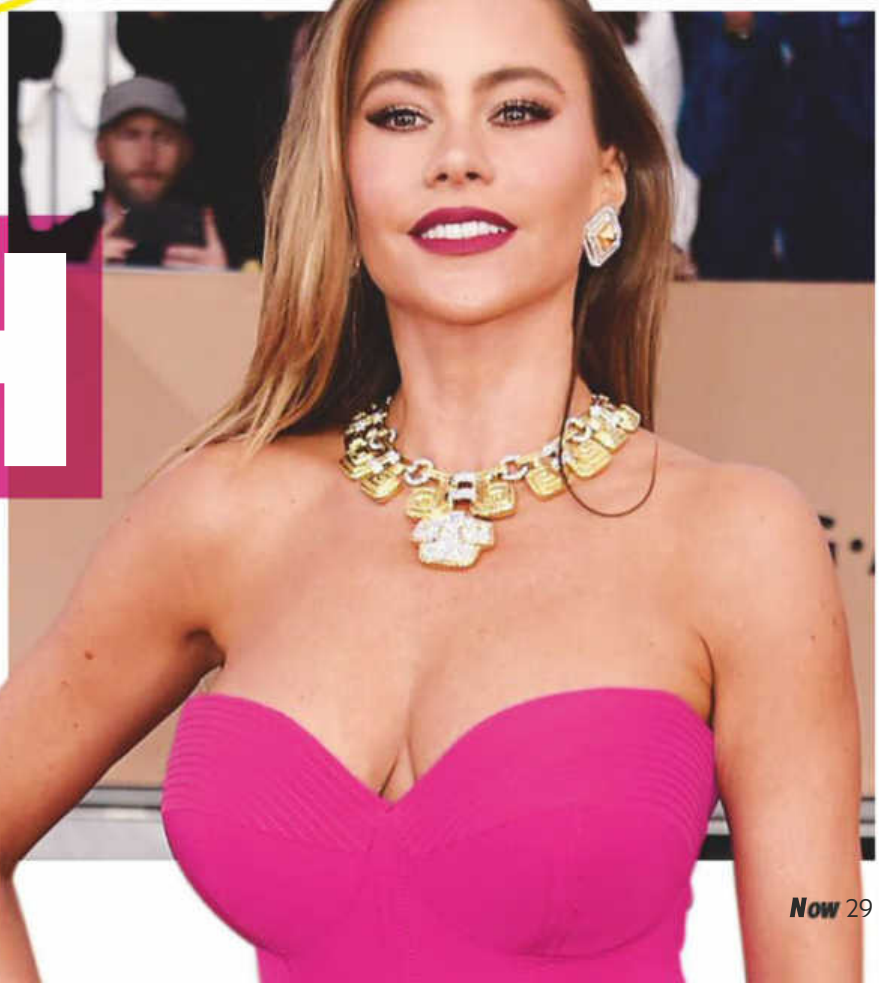


KIM KARDASHIAN

The reality queen, 35, has never spoken about whether she's had surgery on her breasts, but has admitted to 'praying her boobs would stop growing' when she was 14. In the weeks following baby Saint's birth, Kim's breasts have ballooned and last week she said she's 'hating my huge boobs'.



OOB LASH



SOFIA VERGARA

Modern Family star Sofia has always made the most of her 32DDs, but the 43-year-old actress has admitted she'll probably reduce them in the future. 'In 10 years, it would be good to have a reduction,' she said. 'I don't even think it's going to be an option not to. There's so much [structure] under my dresses that I bleed at the end of awards shows. I wouldn't make them too small – just enough so I don't end up looking like an old stripper.'

THE REAL REASON BEHIND TOM CRUISE'S £80M PROPER CLEAROUT

Is Tom selling his pads to raise cash for Scientology leadership bid?

Tom Cruise is worth £340 million pounds, according to Forbes, as one of the world's most iconic movie stars. So why is he selling off all his mega-mansions and luxury homes with a combined worth of around £88 million? Surely he's the last person who needs to downsize?

In less than three years, Tom's listed *five* places with real estate agents in America and in the UK – most recently putting his lavish house near East Grinstead in Sussex on the market, which is a stone's throw away from the UK headquarters of the controversial Church of Scientology.

All the properties he's put on the market are places he once shared with Katie Holmes. Some, like the ones in the UK and Beverly Hills, are homes they chose, refurbished and improved as a couple, installing everything from a dance studio in their UK place to an underground bunker in Telluride.



David Miscavige, leader of the Church of Scientology

But there are whispers in LA Scientology circles that Tom will soon be made co-leader of the religion, which takes large cash donations from its wealthy members.

Tom, 53, is currently filming a Jack Reacher sequel and is slated to start work on Mission: Impossible 6 and a Top Gun 2 this year, so his career is still bringing in the big bucks.

Six months ago, the word in Hollywood was he was thinking about taking a step back from his high profile role within Scientology in order to foster a closer bond with daughter Suri, now nine. It now appears Tom has been persuaded to become co-leader alongside David Miscavige.

A source close to Scientology in LA reveals: 'Details of his promotion are being kept secret, but the rumours are certainly gathering apace and advancing to

Words: Julia Etherington. Photos: Barcroft Media, INF Photo, Pacific Coast News, Rex, Scope Features, Splash, Vanity Fair



the next rank is something Tom is likely to announce this year.

'His new title would be the Chairman of the Board of Religious Technology, the same as Miscavige holds now, and it's likely his elevation will coincide with a generous donation. You can't benefit from Scientology without giving anything back.'

Scientologists believe the human body is a vessel inhabited by an age-old spirit they call a 'Thetan', who's been reincarnated thousands of times before. Members are 'audited' by the equivalent of a Scientology priest who checks them for 'engrams', or negative thoughts. During training to reach the levels of 'Operating Thetan' or OT, a substantial cash donation is expected.

Tom is currently the highest level, as an OT VIII, but there are believed to be secret, unreleased levels he's working towards. The higher the level, the closer the member is to knowing their 'true self' in spirit form.

If this is the reason he's selling his properties, there are worse times to do it, according to LA real estate experts. The Altman Brothers real estate business features on US TV show Million Dollar Listing and specialises in celebrity house sales. Stressing they're not involved in any of Tom's homes, co-owner Matt Altman says: 'There are two main reasons celebrities sell homes. Either they're liquidating their property portfolio, as it seems Tom might be, or they have homes they simply don't use any more.

'They'll often buy a place in New York because they're filming there for six months and sell it immediately after because they have no use for it. Either way, the market is great right now. Interest is low and it's a good time to sell.'

British-born but Hollywood-based real estate agent Leilani Dowding thinks his megastar status will help sell his properties, saying: 'The fact he's Tom Cruise is an extra attraction for those viewing in that price bracket, although it won't make a huge difference to a savvy investor.' Anyone got a spare £80 million?

FOR SALE

COLORADO



His Telluride mansion, listed March 2015, was the setting for the Vanity Fair shoot of new baby Suri.

BEVERLY HILLS



The sprawling compound Tom and Katie bought for £21m in 2007 was shown to 'select clients' in Sep 2015.

EAST GRINSTEAD



Tom bought this five-bed property in Dorman's Park for £3.2m in 2006, the year he married Katie.

SOLD

HOLLYWOOD HILLS



Sold to Eva Longoria in September last year.

NEW YORK CITY



He sold his penthouse condo in 2013.

Singles know HOW TO PARTY!



Rebel Wilson and Dakota Johnson as best friends Robin and Alice

With the release of new comedy **How To Be Single**, we decided to brush up on our online dating tips

With one in five relationships now starting online, it's time to swot up on some serious dating etiquette. Although it won't help you bypass a few frogs, it might help you find The One a bit quicker – and at the very least you'll have some entertaining dating anecdotes to share with your friends.

We all know dating apps and websites make meeting the right people easier than ever. There are plenty of niche dating sites too. So if you have a thing for a man in uniform, your Mr Right might be one click away.

Single or loved up, you'll adore new comedy *How To Be Single* that's just about to hit our cinema screens. Dakota Johnson and Rebel Wilson star as Alice and Robin, best friends on a quest to make the most of being single in New York City. Packed full of sassy singles having fun, and lots of dating dramas, you'll be oozing empathy and laughing at Robin and Alice's antics.



Win at the dating game!

If you're a newbie to looking for love online, read the rules first...

1 DON'T REVEAL ALL
Keep it brief. There's no need for Bridget Jones's Diary-style entries – give just enough stats to make him want to find out more.

2 CHOOSE WITH CARE
Need advice on what profile pic to use? Chat with your mates about it over a glass of Merlot before you post the one to bag THE one. Use a recent shot, or he'll arrive and look for the 2006 girl, not the 2016 woman.

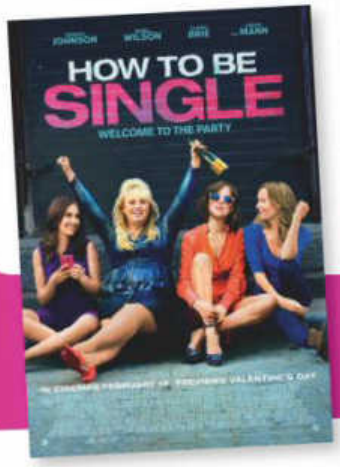
3 BE YOURSELF
Don't pretend to be interested in footie when you're only into fashion. If he doesn't love the person you are, forget him.

4 FILTER FIRST
It's no crime to do a quick background check on a potential date, so do a little discreet Facebook stalking!

5 WISE UP
Safety should always come first. Let a friend know exactly where you're meeting your date, and ask them to check in by text a couple of hours later to make sure all is OK and you don't need rescuing.

6 MATES DATES
Book regular date nights with your friends. Crack open the fizz and share dating disasters from over the years.

7 CELEBRATE!
So you're a single lady? Congrats! You can enjoy all the perks – not least being at liberty to flirt shamelessly with every hot guy you meet...



See the movie!

How To Be Single **releases in cinemas on February 19, with previews on Valentine's Day.**

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NEED TO KNOW NOW!

All the news, none of the snooze

Scarlett:

NEW HAIR, NEW MAN?

We're used to seeing Scarlett Moffatt perched in front of the telly in jeans and novelty slippers delivering wicked one-liners. But now the Gogglebox darling has gone from sofa slob to sexy siren by giving her locks an overhaul – and looks *fantastic*. The 24-year-old went to Newcastle's Forever Long hair salon and extension specialists for a makeover.

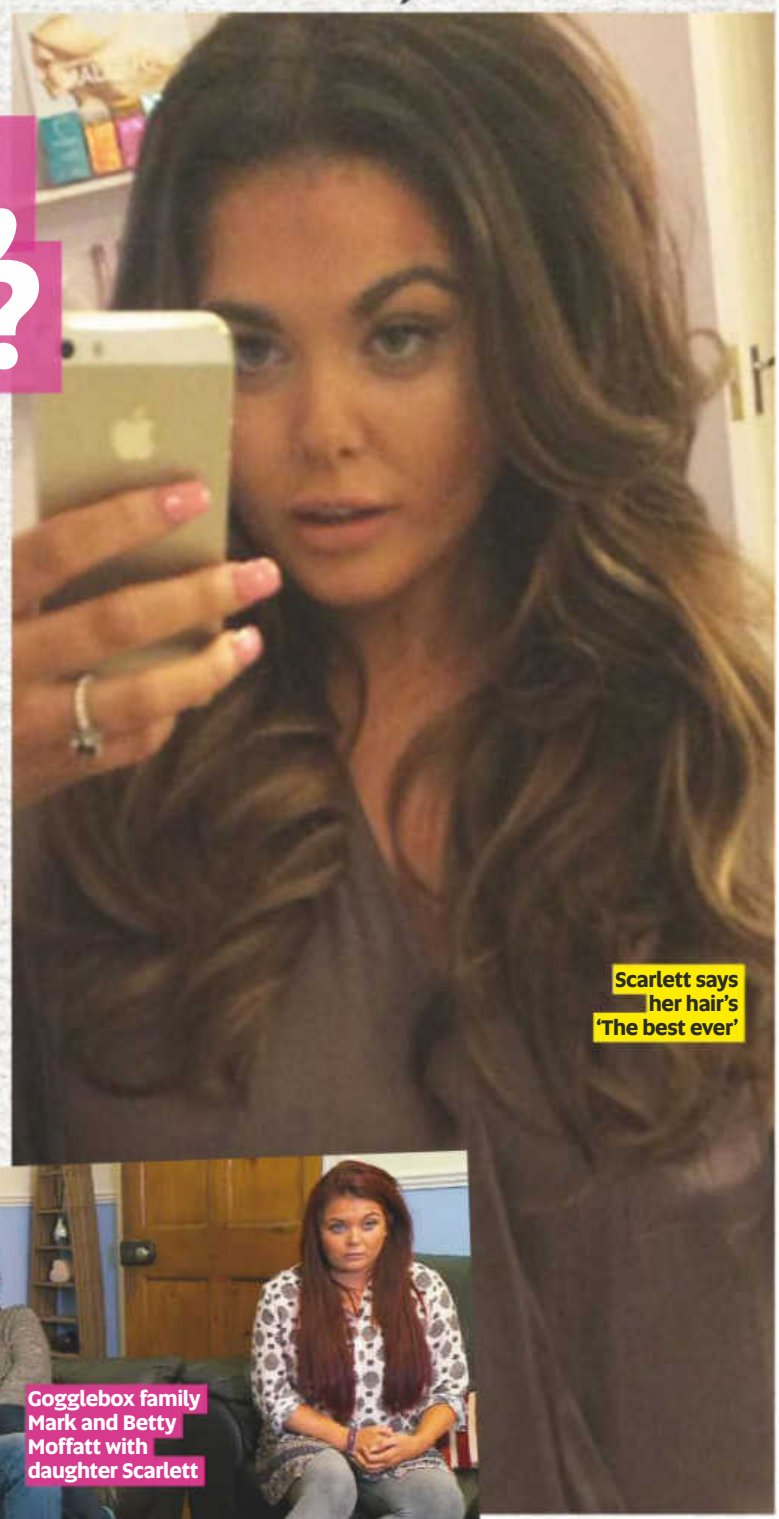
Debuting the new look to her 74,000 Twitter followers, Scar tweeted: 'HALF A BLONDIE NOW! Let's see if I've saying true that blondes have more fun! [sic] LOVE MY NEW HAIR! BEST SALON EVER!'

And that power mane couldn't come at a better time as Miss Moffatt is preparing to step into the world of dating. But rather than jumping on Tinder like the rest of us, she's enlisted the help of North East's Capital Radio to help her find a man.

'It turns out our Scarlett always picks the same type of men to date... and they ALWAYS end up being douchebags,' Capital writes on its website. 'To help fix this, we want to send YOU on a date with her!

'To keep it fair, though, we'll be turning all the lights off and sending you into our "Pitch Black Love Shack" so you can try to impress her... So it doesn't matter if you've got a face that looks like it's been hit with a bag of spanners – as long as you can talk the talk, you're in!' Good luck with your search, Scarlett!

> 'HALF A BLONDIE – LOVE MY NEW HAIR!'



Scarlett says her hair's 'The best ever'



Gogglebox family Mark and Betty Moffatt with daughter Scarlett

NEED TO know NOW!

GEORGE ADDRESSES HIS SEXUALITY

Hats off to George Shelley, 22, who last week opened up about his sexuality. The Union J singer wanted to end speculation over whether he was gay, straight or bi and said he found labels 'old-fashioned, which is why I'm not going to label it myself'. He added: 'I've had girlfriends I've loved and they've been amazing periods of my life, but I've also had boyfriends and I want you to know that whether I decide to be with a girl next or a guy, that it's because I love them.' Well put, George.



George has let it be known that he's dated girls and guys





Dylan's good looks are made for modelling

Pammy's boy is YSL swell

Let's be honest, it would've been a freak of nature if Pamela Anderson and Tommy Lee *didn't* have genetically blessed kids with model looks. Last week their youngest son Dylan shared pics of his first modelling gig with YSL. Our jaws dropped. Then we remembered he's only 18, so we picked them back up.





Top Gear's Matt Le Blanc, Chris Evans and The Stig



Specially designed statuettes will be given to this year's pop winners

JOEY TRIBBIANI JOINS TOP GEAR

Self-confessed car nut Matt LeBlanc has joined Chris Evans to present the brand-new Top Gear and it's probably the most exciting car-related news we've ever heard! The BBC have called it their 'best-kept secret' and we've gotta give it to them – even us snoopy lot at Now were surprised.

Ant and Dec prepare for the Brit Awards

No, Ant and Dec aren't about to add armfuls of Brit men to their jam-packed trophy cabinets – the duo are just preparing to host the cooler-than-cool music awards for the third time. The statuettes this year have all been individually designed by British fashion icon Pam Hogg and there are 13 to be dished out to pop's finest. Confirmed performers this year include, Rihanna, Adele, Coldplay, Justin Bieber, Little Mix and The Weeknd. Anyone else desperate to see a Bieber/Adele mash-up? Just us then...

Words: Lauren Franklin. Photos: Planet Photos, Rex, John Marshall/JMEntertainment

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OSCARS SHOWDOWN!

J-Law's feeling no joy for Brie

There's some bad blood brewing between Jennifer Lawrence and Brie Larson! And the feud is set to spill onto the red carpet at the Oscars on 28 February, where they'll face off in the Best Actress category – Jen for Joy and Brie for Room (although, ironically, they *both* play characters called Joy.)

Jennifer, 25, may have secured her position as Hollywood's darling, having racked up hit after hit, but her star has waned slightly since she voiced her feelings about the Hollywood gender pay gap – especially as she's one of the industry's highest-paid stars. So Brie has found herself becoming Tinseltown's new go-to girl.

In fact she was recently chosen to replace J-Law in the film The Glass Castle after The Hunger Games star dropped out. 'The studio couldn't come up with a suitable male lead in time, so Jen left negotiations and moved on to another project,' said a source. 'But they had Brie waiting in the wings to take over, which Jen saw as an intimidation tactic by studio executives.

'Suddenly Jen has competition coming her way from an actress her own age. She's been keeping an eye on Brie for a while.'

Friends of Jen also say the actress doesn't gel with Brie, 26, and the pair had an icy exchange when they were introduced at a private event recently. 'Jen just didn't hit it off with Brie. She told everyone that she was a little uptight for her liking and they couldn't hang. They're polar opposites.'

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Jen and Cath don't need to splash the cash to look fabulous

CATHERINE AND JEN'S BARGAIN BEAUTY SECRETS

Catherine Zeta Jones and Jennifer Aniston have revealed the secrets behind their ageless complexions – and both miracle cures are less than a tenner!

Catherine, 46, let slip at the Dads' Army premiere that her skin is so dewy because she 'saturates' her face with argan oil. It comes from the nuts of the Moroccan argan tree and is better known as a frizzy hair tamer, but the actress likes putting the £6.99 oil on her face because of its moisturising properties.

'My skin feels like a Walker's crisp at the moment,' said Catherine. 'I've been using argan oil to saturate it at night so it has some nourishment as I sleep.'

And Jennifer Aniston, who turns 47 this week, has revealed what was behind her show-stopping look at the Critics' Choice Awards. 'The product I've been using for years and just love is Aveeno Daily Moisturising Lotion,' she said. 'I send it to everyone I know.' At just £7, we'll take a bottle too, Jen!

GLAST-OFF

Hollywood hunk Keanu Reeves is reportedly house hunting in Glastonbury. The 51-year-old fell in love with the Somerset countryside when he stayed with pal Nicolas Cage at his cottage near Worthy Farm and has now asked estate agents to find him a country pile.

A source says: 'Keanu's fed up of LA. He's great friends with Nic and gets why he raves about the English countryside.'

Keanu has been the target of stalkers in LA and now wants somewhere low-key. Although he may not feel that way when thousands of festival-goers turn up in June!



Keanu wants somewhere quieter than LA like, er, Glasto!

Words: Sarah Robertson. Photos: Getty Images, PA, Rex Features

5 Second Stories



Cindy's here to stay

When Cindy Crawford suggested she might be retiring when she turns 50 later this month, the fashion industry gasped: 'Oh dahling, no!' But hang on to your Louboutins – she wasn't serious. 'Every year I tell my kids I'm retiring. It's a running joke, she says. 'While I'm eager to shift my focus, I'm not making any final statements.' Phew!



Caitlyn's lawsuit

Caitlyn Jenner has settled a lawsuit over the crash she was involved in last year in which a woman died, reaching a deal with the victim Kim Howe's stepchildren. Caitlyn, 66 – then known as Bruce – hit the back of a car while driving near Malibu in February 2015. Sources say the case was settled for a 'modest amount'.

Kim goes 50 shades greyer

Kim Basinger, 62, has signed up for the new Fifty Shades Of Grey film. The actress will play Christian Grey's former bondage lover in the sequel Fifty Shades Darker. Jamie Dornan, 33, and Dakota Johnson, 26, will reprise their roles.



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BLAC CHYNA'S SECRET PLAN TO MARRY ROB



Kris's worst nightmare just got a lot worse

Last week, the Kardashian women waded into yet another public battle – this time with Blac Chyna, a family friend-turned-foe whose life has long been interwoven with theirs. The 27-year-old is currently dating Rob Kardashian, 28, and sources reveal that she has her sights set on marrying him.

'Rob's totally smitten with Blac and she's taking full advantage,' an insider shares. 'This would cause as much chaos as possible while boosting her profile. Blac's ideal scenario is to elope with Rob – she loves the idea of taking his last name, which will give her job security and a new level of fame for life.'

But why *is* she a Kardashian enemy? Well, Blac was engaged to 18-year-old Kylie Jenner's boyfriend Tyga, 26, until 2014 and they have a son King, three. On top of that awkwardness, the family also fear Blac has the potential to be incredibly toxic for Rob while he's battling depression and obesity. She has a fiery temper, which on 29 January got her arrested and removed from a flight for being drunk and disorderly.

'Blac has Rob wrapped around her finger,' our insider continues. 'He drove 20 hours straight to Atlanta to pick her up from jail. Rob's been making jokes online about her having his baby, but that's not out of the bounds of reality. She'd love it – it would drive the Kardashians insane.'

With a mouth like Blac's, momager Kris Jenner, 60, may be concerned that Blac could use Rob to gather family secrets to be used against them. She's already leaked Rob's Snapchat username (Robphuckedme, FYI).

'SHE'D LOVE TO TAKE ROB'S NAME'

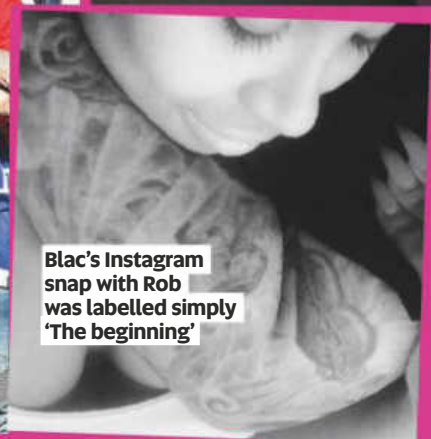
'She may very easily convince Rob to marry her,' says our source. 'He's been depressed for a number of years and he's finally found something that makes him happy. He's going to do whatever he has to do to hang on to her, but unlike Rita Ora, who ran a mile when he started throwing engagement rings at her, Blac has every intention of sticking around.'



Kris may fear that Blac will spill Kardashian family secrets



Blac, Tyga and son King before their split



Blac's Instagram snap with Rob was labelled simply 'The beginning'

Words: Lauren Franklin. Photos: Fameflynet, Instagram, Rex Features, Splash





French Apple Tart



12 Macarons



12 Escargots



8 Chocolate Crème Crêpes



French Biscuits in Tin



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GWYNETH'S GOOPIEST GOB-OFFS

Actress. Life guru. And generally better than you

Thank goodness for Gwyneth Paltrow. The busy actress selflessly takes time out of her hectic schedule to share her philosophies with the world via her lifestyle blog Goop. But it's not the first time the 43-year-old has dispensed her worldly wisdom...

'Every woman can make time to work out — even with your baby in the room. I've worked out with my kids crawling all over the place.'
Because if Gwyneth can do it, we all can, right?



'Any time I do anything, for a while there's always a "She's insane", but then people catch on. So I almost can't go to an acupuncturist now without them thanking me for introducing the world to cupping.'
And the world is a better place for it. Thanks, Gwyneth!



'I'd rather die than let my kid eat Cup-A-Soup.'
Really, though, Gwyn? Would you?



'I basically love anything that comes in a hot dog bun – except hot dogs.'
But, but... where's the JOY?!

'Try peeing in the shower squatting down. When you squat to pee, you engage your pelvic floor and it naturally strengthens and tones.'
Well, that's one fitness DVD we won't be putting on our Amazon wishlist

'I'd rather smoke crack than eat cheese from a can.'
Just say no to cheese, kids

'I'm just a normal mother with the same struggles as any other mother who's trying to be a wife and maintain a relationship. There's absolutely nothing perfect about my life but I just try hard.'
Gwyneth "woman of the people' Paltrow strikes again

Words: Louise Bennett and Sarah Robertson. Photos: Rex



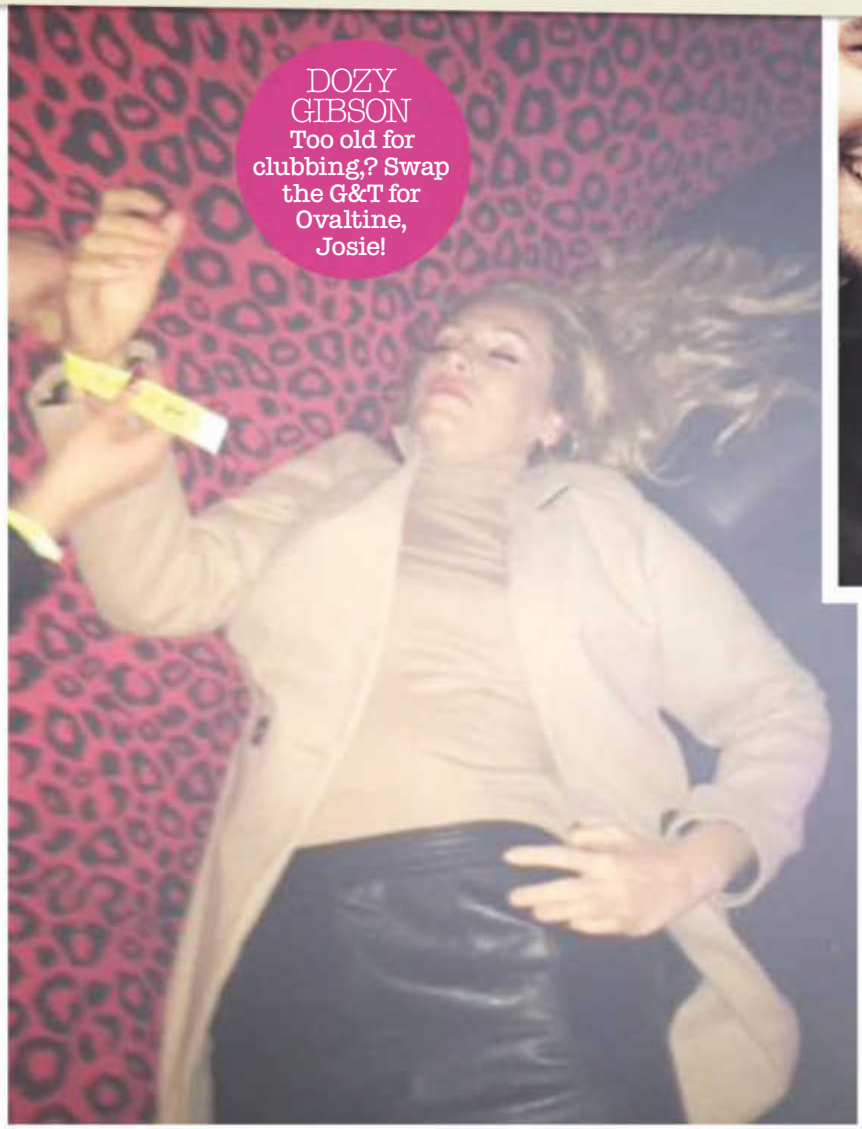
GRRR!
Myleene Klass turns into a right monster if she doesn't have her mid-morning snack.



POUTING PAIR
Jessica Simpson and daughter Maxwell pucker up and give us their best Blue Steel. Lovin' your work, girls.



GOGGLESPOT
TOWIE's Ricky Rayment bumped into Leon and June from Gogglebox and look how happy he is!. They thought he was the bloke who cleans their carpets...



DOZY GIBSON
Too old for clubbing,? Swap the G&T for Ovaltine, Josie!



EXTRA SUPPORT
Rose McGowan teaches us that we've been wearing our bras wrong all this time.

Words: Lauren Franklin. Photos: Instagram

INSTAPIX OF THE WEEK

Fun, filtered and far too revealing – the lives of the stars on social media





HORSE-PLAY
Sure the horses are cute, but we're a little distracted by Lydia Bright and Arg's his 'n' hers matching outfits.



SUN, SEA AND SMUG
In case you weren't hating the Feb breezes enough, Michelle Keegan wants you to know she's baking in the sun. Ta for that.



KEEPING YOU UP, PUP?
This terribly famous dog Tuna cares not that Rylan Clark is a celeb.

Celeb SHOPP

Need some

NAME: Binky Felstead
AGE: 25
RELATIONSHIP STATUS: In a relationship
MY PERFECT DATE WOULD BE: 'A trip to a lovely country pub and a night in a glorious hotel.'
I WANT MY CARD TO COME FROM: JP [her boyfriend Josh Patterson]!
BUY ME: 'A holiday would be ideal but just a homemade card would be lovely – something sentimental.'
THE WORST CHAT-UP LINE YOU'VE EVER HEARD: 'Are your legs aching as they've been running through my mind all day?'



£39.99 IN THE STYLE

£34.99 IN THE STYLE

BINKY FELSTEAD

DAY

'This dress is so pretty and easy to wear on a date during the day. Just add some heels and you're good to go! The plunge adds a sexy edge too.'

NIGHT

'A jumpsuit is the ultimate date night outfit. The lace shows just enough skin and with it being a bit loose, you'll still look amazing even if you eat too much.'



£33.99 IN THE STYLE

Words and styling: Sarah Bradbury

ING SELFIES

style advice for Valentine's Day? We've got you covered with some celeb styling tips



NAME: Billie Faiers
AGE: 26
RELATIONSHIP STATUS: Engaged
MY PERFECT DATE WOULD BE: 'Going to a lovely restaurant and a nice cocktail bar for drinks.'
I WANT MY CARD TO COME FROM: Greg [Shepherd, her fiancé] and Nelly [their 19-month-old daughter].'
BUY ME: 'Diamonds!'
THE WORST CHAT-UP LINE YOU'VE EVER HEARD: 'If I could rearrange the alphabet, I'd put U and I together.'

£32.99 IN THE STYLE

BILLIE FAIERS

DAY

'This dress is perfect for a day date – it's so comfortable! Pair with over-the-knee boots for an extra bit of sass.'

NIGHT

'I love a playsuit for an evening date look – for me, it's really sexy and you only need to add some skyscraper heels.'



NAME: Charlotte Crosby
AGE: 25
RELATIONSHIP STATUS: Single
MY PERFECT DATE WOULD BE: 'At a zoo. I love animals and if my date was a bit boring I'd have the animals to keep me company!'
I WANT MY CARD TO COME FROM: 'Mitch [Jenkins, her ex]. Although we're not together I'd still love a card from him.'
BUY ME: '100 red helium balloons.'
THE WORST CHAT-UP LINE I'VE EVER HEARD: 'I've never had one – nobody seems to chat me up!'



£27.99 IN THE STYLE

£38.99 IN THE STYLE

CHARLOTTE CROSBY

DAY

'A shirt dress is perfect for a day date. I've added a hat and some heels to make it a bit more glam.'

NIGHT

'I also love a jumpsuit for an evening date. It's minimal effort and you don't have to think too much about it.'

Who better to ask for advice on Valentine's Day than the bartender on the most romantic show on TV...



The First Dates team includes Merlin, Laura, Fred, Cici and Sam

We know him as the man who makes the cocktails from the famous First Dates restaurant – and doesn't he make a great one? But when it comes to cheesy chat-up lines, dating do's and don't's and the recipe for love, Merlin Griffiths, 40, has seen and done it all as a bartender for over 20 years. Whether you need advice on what to drink, what to say, what to wear or tips on how to play Valentine's Day just right, the 'Barman of Love' can help you out. Merlin, we need you...

'FRED'S GREAT TO WORK WITH'

Hi, Merlin! So how did you come to be on First Dates?
It was all very random! One of the crew, called Molly, sent me a message asking me to come to a casting, saying: 'I've heard you're a bartender and not so bad behind the bar, so would you like to come for a casting?' And I thought: 'I've done some interesting bartending jobs in my time, so why not?'

Did you ever think the show would be such a hit?
No! It's fantastic. I love what the whole team do – there's real heart and real feeling involved in it and it's great to be part of that.

Can you still walk down the street now you're famous?
Thankfully, yes. It's amazing what a bow tie and a waistcoat can do to disguise you in your everyday life.

What's the best thing about being on First Dates?
You get to have some great one-to-one banter. I'm the second person they meet, so between Fred, the maître d', and their date I get to settle them in and welcome them into the First Dates world.

Are there any bad bits?
I never get to find out what happens on the date because I only ever get to speak to one of them, really. When the date comes in, you don't want to be the third wheel, do you?

Have any of the daters ever chatted you up?
Not at the First Dates restaurant, no. They're all too excited about who they're going to meet.

Are you friends with Fred?
Yeah. I've been to his restaurant several times. I'm lucky to have met people like Fred. I knew of him before the show, so working with him is tremendous.

Fred recently posted photos of his incredible six-pack. Did you know he was hiding that under his jacket?
I did! I did! I'm a keen cyclist – I did Land's End to John O'Groats



FIRST DATES' MERLIN

'Cheryl should co into the restaurant and find true lo

me

ve!'

Merlin's love tips

- Don't have any expectations and then you're always happy, no matter how grand or small the gesture.
- For me, Valentine's Day is a chance to remind ourselves that we need to let love into our lives and to give love out as well.
- If you like someone, tell them! Especially on Valentine's Day. Don't be scared of rejection.

in nine days and this year I'm doing a series of Alpine challenges, so we share a passion for fitness. But I can't say I share his six-pack!

You haven't got one?
Not yet, no. But I'm desperately aiming for it [laughs].

Would you ever 'do a Fred' and put some topless pictures of yourself online?
Not my style. No, never. I'm just a bartender! It's all about the drinks... [Laughs]

What do you do in real life when the cameras stop rolling?
I run a pub with my partner Lucille in Kilburn. I've been a bartender for 20 years now. I started collecting glasses at a Soho bar and now I run my own bar and restaurant in a pub.

Are you married?
No, but I live with Lucille and we have a two-year-old daughter Alix.

What's your love story?
I met Lucille at a cocktail competition in Soho!

TURN FOR MORE



Merlin rode from Land's End to John O'Groats in nine days last year



'Drunk' Anna went down in First Dates history



Luke did his best not to put a foot wrong with podiatrist Coryn

So it all revolves around the bar!
[Laughs] Yes. You work late at night and you hear stories of bartenders getting numbers on the backs of napkins but in all honesty, who's still going to be sat there at 3am when you're taking the bins out and everyone else has gone home? So we tend to date other bartenders and waitresses and so on. It's what goes with the lifestyle.

So what happened next?
I got chatting to Lucille – she was a bartender, too – and she moved in as a friend and a flatmate. Now she's my partner and we have our baby. We've been together 11 years.

What's your best date together?
It was in India one year when we both got to take Valentine's Day off work. We went to a far-flung, remote part of the country to a beach and watched the sunset.

So what should a woman wear on the first date?
That could be anything and everything... or nothing!

Ooh-er! You must've heard a few good chat-up lines in your time?
Oh, they're way too cheesy. I'd never want to repeat any of them.

What's the most awkward date you've ever seen?
A gentleman and his wife were sat at the bar and it was clear they'd had a disagreement and this was a make-up meal, on Valentine's Day, funnily enough. He'd ordered a whole cake for dessert, not just a slice – and had asked for a message on it. Towards the end of the meal, you could tell they were starting to make up and she was smiling, so I went to get the cake. He'd asked for the message to say: 'To the only woman in my life,' which can give you some idea of the problems he'd got himself into, but when I got it, it said: 'To the only *women* in my life.' Thankfully, we stopped it before it got to the table!

Ouch! Is there a drink of love?
Champagne is a drink of love, – the one thing you could add alongside it is a violet liquor called parfait amore.

What drinks would you serve up on Valentine's Day for us?
I got the idea as people talk about chilli and chocolate and those sorts of things to be a good aphrodisiac. Likewise, you can spice up your Valentine's with lemongrass and ginger (see right).

'CHILLI AND CHOCS ARE GOOD'

You must've seen some real states at the bar...
It's not the best idea, especially before your date's even got there, to have a shot. I've witnessed a gentleman come to the bar and have a Jägerbomb on his own – I didn't realise people drank them on their own. I think it's better to have a relatively sober First Date that you remember and both enjoy, rather than run the risk of something prohibited and out of order happening!

What about the drunk girl on First Dates?
Anna! Yes, the wonderful part was she came back for another date and said: 'That's who I am and I'm not going to change it!' And the next time she found someone who liked that. There's someone for everyone.

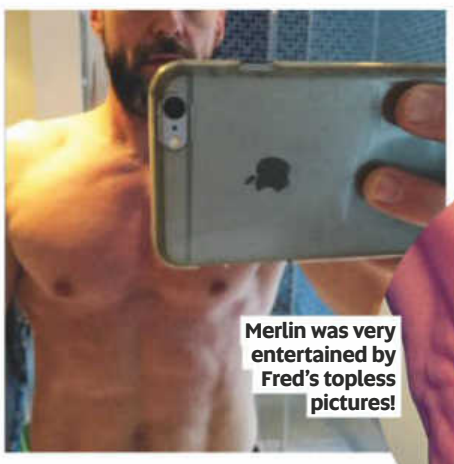
Who are your other favourite daters?
One all-time favourite is Luke from West London. He was a bit of a geezer and it didn't work out for him. On the second date, he'd toned down his character and dressed down a bit, but it still didn't work out. But on his third date, he was a changed man! I've never seen anything like it. Then there's Victoria and Scott, who are getting married.

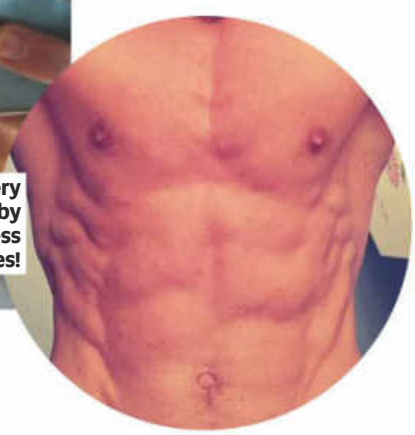
Did you enjoy the Celebrity First Dates?
They're brilliant! Celebrities or not, people are people and that's the beauty of the show.

If you could have a dream celeb date, who would it be with?
There are many celebs I'd like to have a drink with, like Phillip Schofield, as I know he loves his booze and I could have a 'geek-out' around the bar with him as a bartender.

Who would you like to see on the next celebrity special?
Didn't Cheryl Fernandez-Versini just get divorced? My girlfriend reads the magazines, I think she did... That would be great!

First Dates: Be My Valentine is on Channel 4 at 9pm 12 February





Merlin was very entertained by Fred's topless pictures!



Words: Amy Brookbanks. Photos: Channel 4, Instagram, Planet Photos, Shutterstock, The Guardian





MIC's Jamie Laing and Alex Mytton meet Merlin and Fred

MERLIN'S LOVE POTIONS

HIS



Shaky Pete's Ginger Brew

'This looks like a proper blokey pint and it's outstanding. Pete is an old friend of mine who now works in Australia. Thanks for the recipe, mate!'

50ml ginger syrup (instructions below)

40ml London Dry Gin – Beefeater or Bombay Dry also work well

50ml fresh lemon juice

Top with ale – I recommend London Pride ale

- To make the ginger syrup, blend 500g peeled, chopped ginger, 500g caster sugar and 250ml hot water until smooth. Strain through a sieve and bottle it. This is a really handy syrup for all sorts of drinks.
- Freeze a pint glass – preferably one with a nice handle, like those you see in the First Dates restaurant.
- Blend the gin, lemon and ginger syrup with 3 ice cubes, then pour into your frozen glass.
- Slowly top up the mixture with your beer or ale.

HERS



Floradora

'This is one of my favourite drinks. It contains a shot and a half rather than a double, as I think remaining in control is an important part of your date! Easy, delicious and a great way to spice up a special evening.'

4 fresh raspberries

40ml dry gin – I find Plymouth-style gin is excellent for this

Juice of half a fresh lime

2 dashes Angostura bitters

Top with ginger ale

- In a good-sized highball glass, lightly crush the raspberries.
- Add the gin, lime juice and bitters, keeping the half lime shell.
- Fill the glass with ice and top up with ginger ale.
- Give it all a brief stir to mix the raspberry up.
- Garnish with the half lime shell, one raspberry and a straw.

CELEBRITY WEDDINGS!

LOVE CELEBR

To celebrate Valentine's Day, we look at our favourite



FRANKIE SANDFORD, 27, AND WAYNE BRIDGE, 35 got married in July 2014, with Frankie's Saturdays bandmates as bridesmaids. Our favourite snap? This one from Frankie's Instagram, kissing their son Parker.

CHRISTINE BLEAKLEY, 37, AND FRANK LAMPARD, 37
It was a winter wedding for these two in December after a four-year engagement. Guests at St Paul's Church, Knightsbridge, included Frank's cousin Jamie Redknapp and his wife Louise, Ant and Dec, Holly Willoughby and Phillip Schofield.



OLIVIA PALERMO, 29, AND JOHANNES HUEBL, 38
had a small but beautiful New York wedding in June 2014. The bride wore a Carolina Herrera skirt and blue Manolo Blahnik shoes, which were her 'something blue'.





KIM KARDASHIAN, 35, AND KANYE WEST, 38
Kimye tied the knot at the Forte di Belvedere in Florence, Italy, in May 2014. She wore a custom-made Givenchy Haute Couture gown while opera singer Andrea Bocelli performed.



D-UP RITIES

love stories

From romantic gestures to OTT PDAs, we can't get enough of celebrities' love lives. Kate and Wills' Royal Wedding got us hooked, Kimye's nuptials sent social media into meltdown and Amber Rose and Wiz Khalifa got jiggy – whether we wanted to see it or not. We take a look at the sweetest and most cringeworthy moments of showbiz love.

MICHELLE KEEGAN, 28, AND MARK WRIGHT, 29 married in May 2015 after he proposed in their favourite holiday destination, Dubai, in September 2013. The couple exchanged vows in St John Lateran church in Suffolk before an extravagant reception with the best of Corrie and TOWIE in attendance.



MOST IMPRESSIVE PRICE TAGS!





PRINCE WILLIAM, 33, AND KATE MIDDLETON, 34 £20 MILLION

More than 24 million people in the UK alone tuned in to watch Kate and Wills tie the knot at Westminster Abbey. Police were paid double and roads were closed while even more money was spent on flowers, food and champagne.



COLEEN MCLOUGHLIN, 29, AND WAYNE ROONEY, 30 £5 MILLION

The footballer and his long-term love married in Italy in 2008. The bill included nearly £1 million on pre-wedding celebrations, £400,000 to book Westlife – Coleen's favourite band – and £200,000 on her dress.

JUSTIN TIMBERLAKE, 35, AND JESSICA BIEL, 33 £4 MILLION

For their 2012 wedding, Justin and Jessica booked the entire Borgo Egnazia resort in Italy and paid to close nearby buildings to avoid the paparazzi.



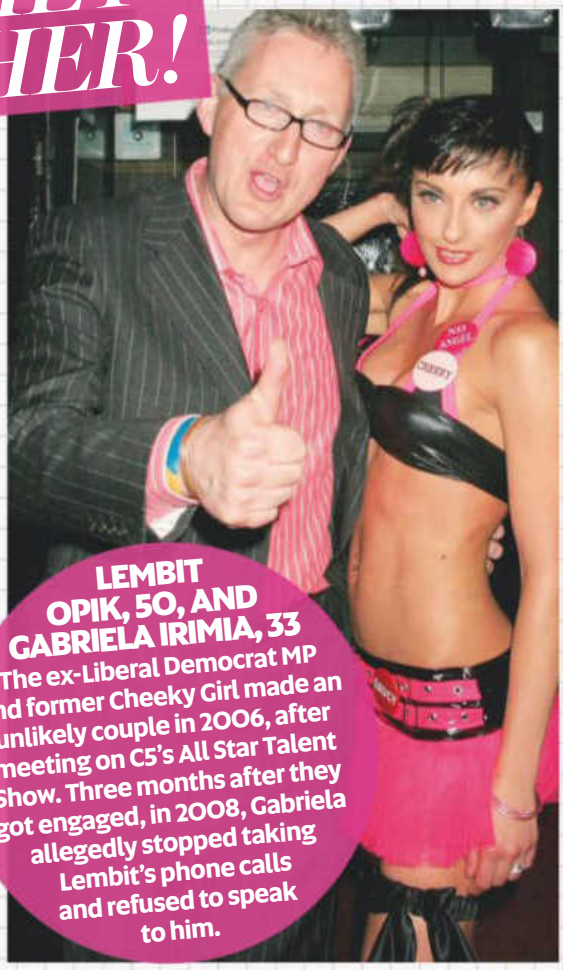
TURN FOR MORE

WE CAN'T BELIEVE THEY DATED, EITHER!

VANESSA FELTZ, 53, AND BEN OFOEDU, 43

She's a larger-than-life TV personality and he's a former pop star 10 years her junior, but somehow it works for Vanessa and Ben. She was previously married to surgeon Michael Kurer for 17 years.





LEMBIT OPIK, 50, AND GABRIELA IRIMIA, 33

The ex-Liberal Democrat MP and former Cheeky Girl made an unlikely couple in 2006, after meeting on C5's All Star Talent Show. Three months after they got engaged, in 2008, Gabriela allegedly stopped taking Lembit's phone calls and refused to speak to him.



LARA STONE, 32, AND DAVID WALLIAMS, 44

International lingerie models don't generally go for camp British comedians. Whatever the initial attraction, it fizzled out last year as Lara owned up to 'unreasonable behaviour'. The couple had a quickie divorce after five years of marriage.



JENNIFER ANISTON, 46, AND PAUL SCULFOR, 44

A Hollywood actress and an Essex builder-turned-model? If you say so! Paul, who dated Lisa Snowdon before Jen and then Cameron Diaz, had a short but sweet fling with the Friends star in 2007.





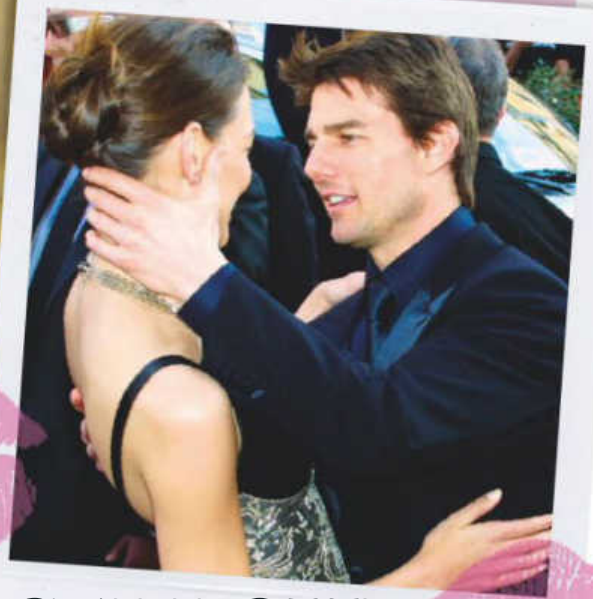
DANIEL CRAIG, 47, AND RACHEL WEISZ, 45

Daniel locked lips with wife Rachel in full view of the press at the Spectre premiere in October. Get. A. Room!



TOM CRUISE, 53, AND KATIE HOLMES, 37

We didn't think Tom could be any more cringe than when he snogged the face off Katie in Rome in 2005. But then he jumped up and down on Oprah Winfrey's sofa, professing his love further.



OMG! NOTHING SAYS 'I LOVE YOU' LIKE A CELEB PDA





MARNIE SIMPSON, 24, AND RICKY RAYMENT, 24

They may be in Splitsville now but last year these two were inseparable – and boy did they let us know it. Now he's snogging the face off Ex On The Beach's Nancy-May Turner.

DAVID GEST, 62, AND LIZA MINNELLI, 69

Going down as the most cringeworthy couple *of all time* are veteran Hollywood musical mogul Liza and CBB housemate David. They were forever slathering each other with kisses at various red carpets in the year and a half they were together.



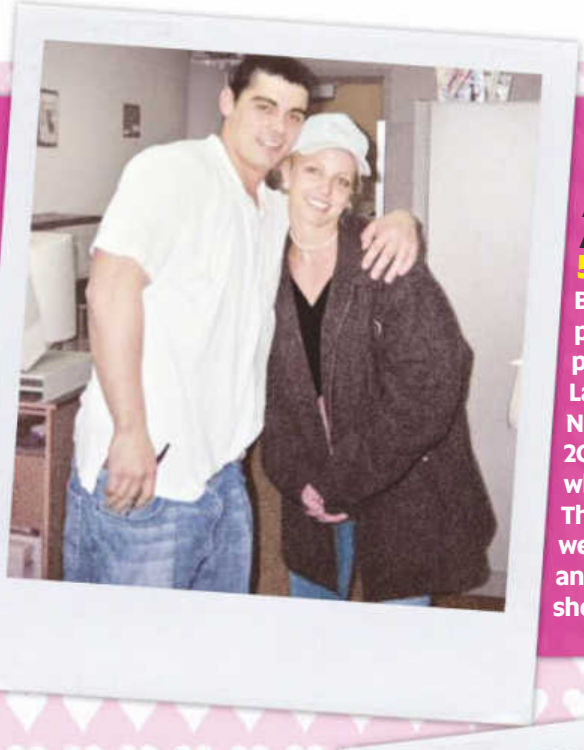


AMBER ROSE, 32, AND WIZ KHALIFA, 28

They were married for just over a year but shared enough PDAs to last a lifetime. From red carpets and concerts to Twitter and talk shows, there was barely a time their tongues didn't touch.

TURN FOR MORE

THEY WED FOR HOW LONG?



BRITNEY SPEARS, 34, AND JASON ALEXANDER
55 HOURS
Brit invited her pal Jason to party with her in Las Vegas over New Year's Eve 2004. And look what happened! The 'joke wedding' was annulled shortly after.





VICTORIA, 41, AND DAVID, 40, BECKHAM
16 YEARS
Posh & Becks started dating in 1997 after she watched him play at Manchester United and – one alleged affair later – are still going strong.



GARY BARLOW, 45, AND DAWN ANDREWS
15 YEARS
Dawn was a dancer on Take That's 1995 Nobody Else tour when she and Gary met and fell in love.



WILL SMITH, 47, AND JADA PINKETT SMITH, 44
18 YEARS
They met in 1994 on the set of The Fresh Prince Of Bel-Air and are still Hollywood royalty.



KIM KARDASHIAN, 35, AND KRIS HUMPHRIES, 30 72 DAYS

We saw their relationship blossom – and burn – after they called it quits in 2011, although it took a further two years to finalise the divorce.



CHERYL, 32, AND JEAN-BERNARD FERNANDEZ-VERSINI 18 MONTHS

Chezza wed JB in a private ceremony in Mustique in July 2014, but cracks surfaced a year in and she started making plans to divorce him last month.

BEYONCE, 34 AND JAY Z, 46 7 YEARS

The private couple's publicity-free wedding took place on 4 April 2008 and they still seem to be Crazy In Love.



ELTON JOHN, 68, & DAVID FURNISH, 53 11 YEARS

They've been a couple since 1993 but as soon as the Civil Partnership Act arrived in 2005, they tied the knot.





OZZY, 67, AND SHARON, 63, OSBOURNE 33 YEARS

Sharon met Ozzy when she was 18 and working for her father, Don Arden, who managed Ozzy's band Black Sabbath.



DOLLY PARTON, 70, AND CARL THOMAS DEAN, 73, 49 YEARS

Showbiz's longest-running marriage! Dolly and Carl met at a laundromat in Nashville in 1964. Aww.

Words: Scarlett Russell. Photos: Rex Features, Splash, WENN, Fameflynet, Xposure



DRESSED TO COMPRESS

Tulisa, 27, was dressed to compress as she showed off her slimming aid following a showbiz night out in 2013. Wear them with pride, T!



'SUCK IT IN!'

Those killer Kardashian curves don't just happen. Khloé, 31, reveals: 'They're my No1 slimming secret. Suck it in!'

SPANX VERY M

These celebs aren't ashamed of their big undies



SHAMELESS

'Forgot workout clothes, wearing Spanx to the gym,' supermodel Chrissy Teigen, 30, posted pre-pregnancy. 'Feeling pretty compressed.' It's nice not all celebs are ashamed of their shapely little secret.



SPORTY SPANX

Going from the red carpet to the baseball field, Kendra Wilkinson, 30, hits a fail rather than a home run in her sporty Spanx.

YOU UCH!



BABY BUMP

'Sometimes I wear two pairs,' a pregnant Kim Kardashian, 35, revealed in June last year, while continuing to squeeze her bump into the tightest clothes she could find.



THE SPANX DANCE

Making fun of the fact she needs a little help holding it all in, American actress, Rachel Bloom, 28, looked bloomin' stunning doing a sexy dance in her Spanx before hitting the stage at the Golden Globes.

Words: Joshua Fox. Photos: Xposure, Getty, Splash, Rex

#WHAT'S Trending NOW

Cheat your way through the next seven days with Now's week in chic



RIVER ISLAND GOES PREMIUM

NEW IN

JACKET **£180**
TOP **£45**
TROUSERS **£70**
SHOES **£70**
ALL RIVER ISLAND STUDIO

River Island's Studio Collection makes a return this month, full of neutrals, rich chocolates and mustard tones that work like a palette cleanse for our winter wardrobes. It's a little pricier than usual, but worth every penny!





TREND ALERT

AWESOME TWO-SOME

Jumbo stripes are BIG news this spring and this part-matching, part-clashing two-piece is the perfect way to show off your SS16 know-how. Style it up with chunky heels and an oversized clutch and you'll be all set.

DESIGNER DOUBLE

LADYLIKE LACE

This designer dress (below) has been spotted on celebs including Olivia Palermo, Louise Roe and Maisie Williams. And now you can save yourself £210 on the Self-Portrait original with this bad boy from Boohoo – just in time for Valentine's Day! Life. Made.





MOST WANTED



TRUE BLUES

It's all about the denim drop at New Look this week. Its twist on the classic trench is jean-ius, and it's currently trending at the top of our shopping list. It's perfect for this time of year when no one knows what to wear and will make anything in your wardrobe instantly look stylish.

ONLY £14.99!



AN AMAZING 50% OFF FLOWERS!

Fancy giving your mum or BFF a floral treat? Then this offer's a must! Debenhams Flowers is offering 50 per cent off this exclusive Now bouquet especially for V-Day. Just go to debenhams.com/romance and enter the code NOWVD50. Offer ends 15 Feb 2016; subject to availability.

© Procter & Gamble, Inc., 2016

WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with Tampax Compak Pearl.
Our best tampon for protection, comfort and discretion.
It adapts to your unique shape to protect you better against leaks.*



VOTED PRODUCT OF THE YEAR
Consumer Survey of Product Innovation
2016

Winner Tampon Category.
Survey of 11,586 people in the UK & ROI by TNS.



power OVER PERIODS™

*vs. Tampax Compak



#WHAT'S Trending NOW

BEAUTY bestsellers

The buys that have been driving the beauty world berserk this week

UPDATED HERO

We *love* the latest range of YSL foundations. With shades to suit very light to dark skin tones and a new brightening formula that creates a dewy glow, this new base cancels out the need for highlighter and kept our complexion looking photo-ready all day.



£32.50
YSL ECLAT LE TEINT FOUNDATION

MUST HAVE

Burberry's latest glossy nail polish breaks away from the usual sugary-sweet shades of spring. Who needs a coat when you can get designer pinkies?



£15
BURBERRY NAILS IN BLACK CHERRY

NEW SCENT



£16
MARKS & SPENCER ISLAND ESCAPE EDT, 100ML

With notes of pear, bergamot, sea salt and rose petals, this fresh new perfume will have you thinking about the seaside and warm weather with every gorge-smelling spritz.

BUDGET BUY



£7.49 EACH
GOSH LIP OIL

These silky smooth lip oils hydrate and soothe like a balm, shine like a gloss – and each one has a hint of colour. All for less than £8!

CHARITY BUY



£11
THE BODY SHOP HEMP HAND PROTECTOR

The iconic Body Shop hand moisturiser has a new look, thanks to street artist Eine, who's given it a boldly coloured refresh. For each tube sold, £1.50 will be donated to animal and ocean conservation. A good beauty deed!

Words and styling: Matilda Stanley

FEELING SOCIAL-ABLE?

Let us know what's topping your **#WhatsTrendingNow** wishlist at:

@NowMag

NowMagazineOnline

#Most

The style buys we're obsessing about this week...



Available in sizes 10-32

£65
SIMPLY BE



£6.99
H&M



£29.95
DOTCOMGIFTSHOP



£8 FOR SET
GEORGE AT ASDA



£55
RIVER ISLAND



£37
VERY



Coloured metallics are a must for spring

£4.99
NEW LOOK



£35
MARKS & SPENCER

Wanted



£18
DEBENHAMS

A home accessory worth tweeting about!



£5
MASKERAIDE HYDRATING FACIAL SHEET MASK



£59
TOPSHOP



£4.99
BARRY M THAT'S HOW I ROLL MASCARA



£18.50
DIVA



£50
JUICY COUTURE VIVA LA JUICY ROSE EDP, 50ML, THE PERFUME SHOP



£3.50
INNOCENT COCONUT WATER

Words and styling: Matilda Stanley



Valentine's DAY QUIZ

Take Now's quiz to discover which romantic buys are the perfect match for you!

1 Which shoes will you be wearing on the 14 Feb?

a) Sexy lace-up heels



b) Snuggly soft slippers



c) Casual ankle boots



d) Shiny dancing shoes



2 Which emoji sums up your feelings about V-Day?

a) I luuuurrrve it!

b) Nice excuse for flowers!

c) Vom!

d) Best single girls' night of the year!

3 What's your favourite romantic film?



a) Dirty Dancing – nobody puts Baby in the corner!

b) When Harry Met Sally – it's funny so my fella will watch it too.

c) Eternal Sunshine Of The Spotless Mind – romance without the soppy. Phew!

d) Bridget Jones's Diary – I can totes relate to Bridget...

4 Your ideal chocolate treat right now?



a) Strawberries and cream are an aphrodisiac, right? Lindt, £4.89
b) I like a sharer pack of posh treats. Hotel Chocolat, £18
c) Chocolate pizza? Total win! GettingPersonal.co.uk, £16.99
d) My old faithful Dairy Milk. Cadbury £2



5 A beauty product you couldn't live without...?



a) A bold red lipstick is so glam. Revlon Ultra HD, £7.99
b) A tinted lotion is great for off-duty. Rimmel BB, £6.99
c) Messed-up, bed-head hair is my thing. Lee Stafford Texture Spray, £6.99
d) I couldn't live without a weekly pamper sesh. Superdrug, 99p

WORK OUT WHICH LETTER YOU PICKED THE MOST, THEN TURN THE PAGE TO FIND OUT WHICH ROMANTIC TREATS SUIT YOU...



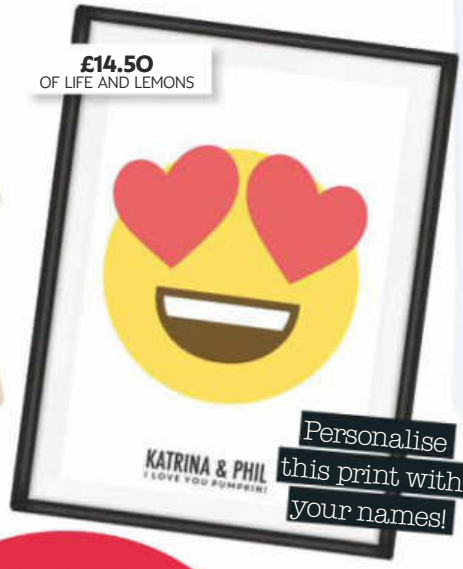
£1
POUNDLAND



£15
BHS



£7
BHS



£14.50
OF LIFE AND LEMONS

Personalise this print with your names!



£3.50
TOPSHOP



£29.99
H&M

YOU PICKED MOSTLY *a*'s

Valentine's Day is *the* most romantic day of the year for you – and the more hearts, kisses and rose petals the better! To make the most of it with your other half, try these novelty buys...



£1.50
ASDA





£16.95
PREZZYBOX





£1.99
LOVEHEARTS



£19.99
H&M



£39
CALVIN KLEIN CK2 EDT, 50ML
THE PERFUME SHOP



FROM £19.99
GETTING PERSONAL



£3
FOR 5
PAPERCHASE



£20
NOT ON THE HIGH STREET



£39
CULT FURNITURE



£21
DAWANDA

£68.95
CUCKOOLAND





£8
RED HERRING AT DEBENHAMS



£35
JOHN LEWIS



£6.50
CATH KIDSTON





£6
PAPERCHASE



£5
SAINSBURY'S

YOU PICKED MOSTLY b's

Rather than going out for a posh meal, you'd much prefer to stay in and add a little lurrve to dinner in front of the telly or a subtle touch of cuteness to breakfast in bed. Home is where the heart is and these gifts are perfect for you...

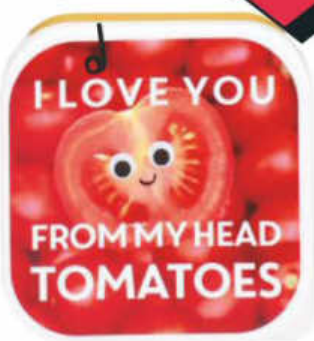


£12.99
H&M



£12
DEBENHAMS









£2.95
DOTCOM GIFT SHOP



£8
PAPERCHASE

YOU PICKED MOSTLY

Cs

You like the idea of Valentine's Day but hate all the fluffy stuff that comes with it. Thoughtful, funny and alternative romantic gifts make you feel spesh and we've hunted down the best – not a teddy bear or a red rose in sight!



£50 JUICY COUTURE

£8.99 CANDLE & CAKE

£15 ZARA TAYLOR

£28 DEBENHAMS

£15 CLINIQUE LIMITED EDITION LONG LAST SOFT MATTE LIPSTICK IN MATTE MAGENTA

£22 BISCUITEERS

100% goes to Great Ormond Street Hospital Children's Charity – buy two and get a free pouch!

£4 LA LA LAND

£4.95 SCOTTISH FINE SOAPS

£6.99 TRUFFLE SHUFFLE

£60 COCO ROSE

£38 TOPSHOP

£15 SKINNYDIP AT ASOS

YOU PICKED MOSTLY d's

Single this year? You won't let all the schmaltzy cards and Instagram snaps get you down. Instead you'll get the girls together and go dancing, or stay in and have a shameless Netflix binge in your fave PJs. Boys can bore off!



£22 TEE & CAKE AT TOPSHOP



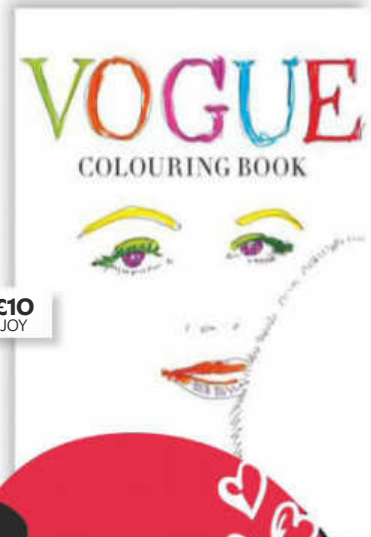
£37 **EACH** DKNY BE EDT, 50ML, THE PERFUME SHOP



£4 NEXT WHITE JASMINE SCENTED CANDLE

£16 BAN.DO





£10 JOY



£12 GILLETTE FUSION PRO SHIELD



£40 ASOS



£19.50 CLARINS ROUGE ECLAT IN HOT ROSE





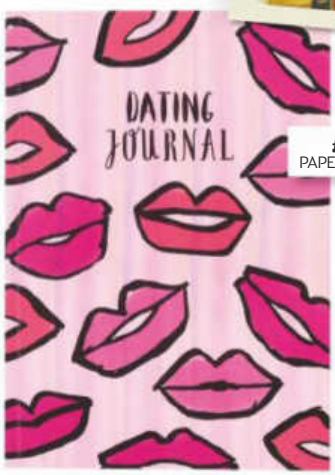
£11.99 TRUFFLE SHUFFLE



£14 SKINNYDIP



£34 RIVER ISLAND



£6 PAPERCHASE





£4 THE CONTEMPORARY HOME



Words and styling: Matilda Stanley. Photos: Shutterstock

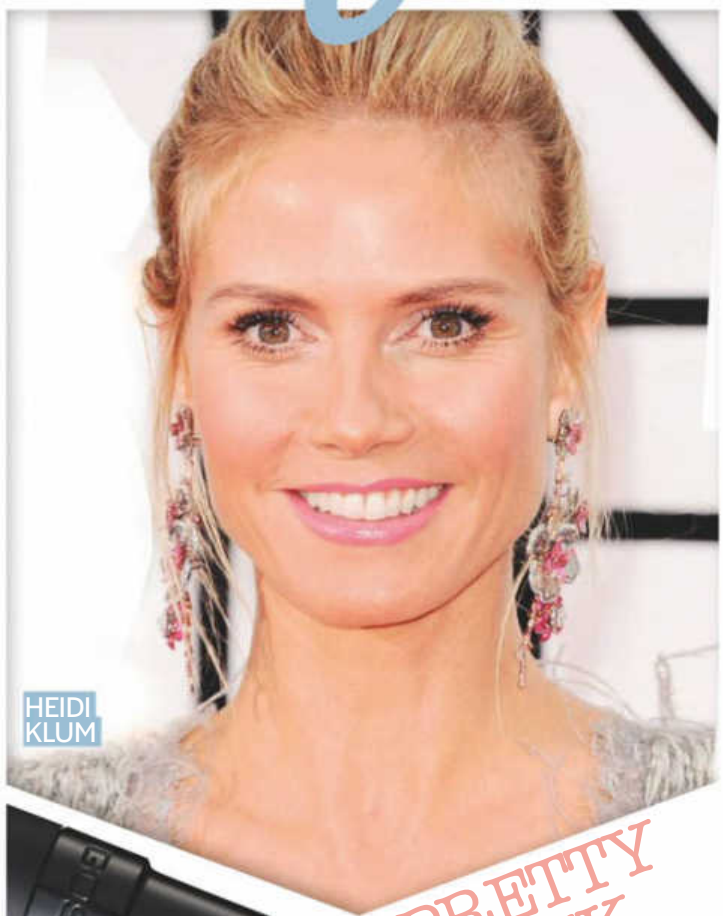
Your perfect



ROMANTIC BERRY

Dark, sultry reds and dusky pinks are the perfect combo. Create Amber's designer-style neckline by attaching a floral garland to your dress.

YOUR LIP SHADE:
Max Factor MM Colour Elixir Lipstick in Cabernet Red, £7.99



PRETTY PINK

Opt for an ultra-girlie look like Heidi and team Barbie-bright lips with feminine feathers and eye-catching jewels.

YOUR LIP SHADE:
GOSH Matte Lipstick in Sweetness, £6.99, Superdrug

Pair it with...



Pair it with...



Words and styling: Lydia Thompson. Photos: Rex

match

Got a hot date this weekend? Copy the celebs and plan your outfit by your pout!



NATURAL BLUSH

Play the angelic card with Saoirse's barely there nude lip and saintly shade of frock.

YOUR LIP SHADE:
Rimmel The Only 1 Lipstick in Naughty Nude, £6.99



HOT FUCHSIA

Valentine's Day doesn't have to be all soppy pinks and reds. Try a printed frock and a bright look-at-me lip like Olivia.

YOUR LIP SHADE:
Maybelline Color Sensational in Mesmerizing Magenta, £6.99

Pair it with...





Pair it with...









Getting kitted out in my Army gear

Putting on a halter wasn't easy, but luckily I had a willing partner

LOOKING TO THE FUTURE



In the stables, I am shown how a horse is saddled



Today's Army offers women a fantastic range of opportunities to develop new, exciting and fulfilling career paths



A career in the Army means a chance to achieve the goals you've always dreamed of, whatever your interests. To find out more, project manager Kate Corbett-Winder spent the day with the King's Troop Royal Horse Artillery.

'My passion is animals. So I was thrilled to be offered the chance to work with horses at the King's Troop Royal Horse Artillery at Woolwich Arsenal.

'Known colloquially as The Troop, this is a mounted unit of top-class equestrians whose duties include firing the Royal Salute in Hyde Park.

'To my surprise, I discovered that some of the soldiers who join this unit have never ridden before. But both men and women are taught to ride and care for the horses as part of the impressive training they receive.

Dressing the part

'On arrival, an officer greeted me, then took me to the kit room to change into my overalls. After, it was straight to the stables to meet the horses – who just looked so sleek and beautiful! Their key duties are ceremonial, so they have to look smart to take part in parades. They're also strong, as they pull the huge saluting guns on royal anniversaries and state occasions.

Down to business

'I began by helping to muck out the stables, and



soon got to know a gentle horse who was happy to let me stroke her nose. There's more to mucking out than meets the eye, though. An expert can do a thorough job in two minutes, but I was still struggling after 15!

'Later I watched the horses and riders training in the indoor school. The gleaming uniforms, tack and saddles are all hand made by incredibly skilled tailors and saddlers, with blacksmiths shoeing the horses. All these trades are open for apprenticeships.

Skills that travel

'My day with The Troop opened my eyes to the huge range of jobs and training the Army offers women. They not only thrive, but also look towards a future career with confidence.'

Planning ahead

Need some good reasons to join the Army? Here are just a few...

- The Army offers so many career benefits for women, both for now and in the future. Starting pay for regular soldiers is £18,125, rising to £27,324 after five years; as an officer, pay after training starts at £30,617. Plus you'll get a pension, subsidised food and accommodation and access to free world-class gym and sports facilities.
- **The Army is a brilliant way to develop new skills, with opportunities to train for over 40 technical trades, including animal care, engineering, construction and IT. And, as you earn while you learn, it's no surprise that 8,000 soldiers every year complete an apprenticeship.**
- Many of the qualifications you can gain while serving in the Army are transferable to civilian life. So you can secure your future as well as further your career in the Army. And the leadership, organisational skills and team building abilities you'll pick up along the way are highly valued by all employers.
- **If you'd like to join the Army in your spare time, the Reserves may be the option for you. Find out more at army.mod.uk.**



I met The Queen!

'When I first joined the Army I didn't know how to ride, but I had a mentor and learned quickly. I also spent a lot of time mucking out the stables! Now I'm a Head of Department, and travel with the horses, who all have their own passports. When Her Majesty The Queen came to visit I got to meet her and we chatted for quite a while!'
Sergeant Emma Colton, 28



My choices were vast

'At first I didn't realise just how many different areas of the Army there were. When I did my first tests they issued a score for me, and the choice of corps that were available to me was enormous.'
Corporal Lauren Bradley, 31



Find out more

You can apply to join The Army at any time, and try being a Reservist. Find out more at army.mod.uk

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CODE: MGBT

You & Improved

Your guide to heart, health and happiness

#FeelGoodNow

Taking your leftover dins into work will seem so much more appealing with these adorable lunchboxes from Happy Jackson. Yay to last night's lasagne!

£11, ASOS





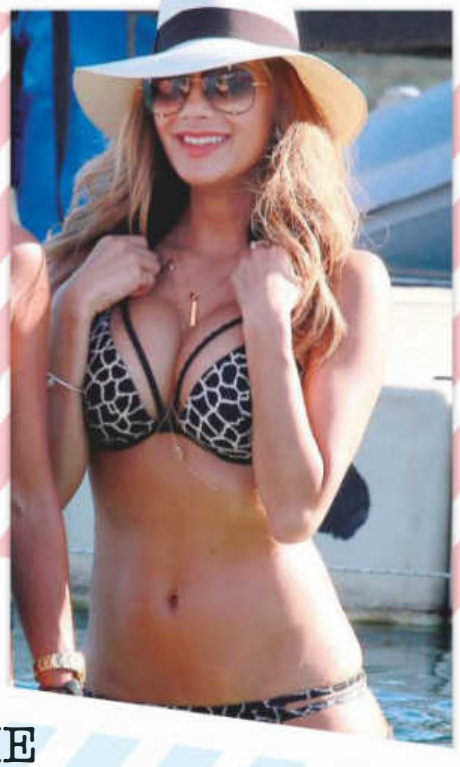
THE FIT KIT

Posh enough to ski? Here's something for the Made In Chelsea types among you. Yah, we're hitting the slopes, darling!

BOLLE, **£69, SUNGLASSES-SHOP.CO.UK**

CELEB TIP OF THE WEEK

'It's about eating smart – smaller portions, lots of protein, sweet potatoes and tons of water! Also, do your ab workouts on an exercise ball. It's a total game changer.' Thanks, Nicole Scherzinger!





THE IT DRINK

We're obsessed with these delicious healthy juices from Moju. Plus they now deliver straight to your door and even offer next-day delivery so you can get your health fix in a hurry. Woo hoo!

PACK OF 6, **£17.70, MOJUDRINKS.COM**

NEWS OF THE WEEK!

Fashion brand Lipsy now does activewear, so you can be as sassy in the gym as you are on your next night out.

VEST, £18
PRINTED TOP, £20
LEGGINGS, £20




Valentine's Day
Sunday
14th Feb
LOVE AT FIRST LIGHT
Do the full monty this Valentine's
Treat them to our Truly Irresistible British bacon and sausages.
The co-operative food
Here for you for life
For recipes and inspiration search:
co-op breakfasts
Participating stores. Subject to availability. Serving suggestion.
The Co-operative Truly Irresistible Pork sausages 400g and The Co-operative Truly Irresistible Traditional dry cured smoked/unsmoked back bacon 230g.
WITH PORK FROM BRITISH FARMS

Oh.My.Bod.

Irish model **Nadia Forde**, 26, shares her top-to-toe health secrets

'When my mum died I dived into exercise'



HEIGHT: 5FT 7IN
WEIGHT: 9ST
SIZE: 8

What's your favourite workout?
If I do the same thing over again, my body stays the same and it gets boring. I do cardio – boxing, circuits with lunges, squats and burpees – and I love ballet barre class. I use muscles I didn't even know I had!

How often do you exercise?
Four or five times a week, but if I'm really busy two or three times. But always on a Sunday, as it's hard in the week.

What motivates you to get fit?
I feel guilty if I don't work out. My mum died last summer and I knew for about two and a half months before that she was going. It was then that I dived into exercise. It took my mind off what was happening.

Do you have a favourite body part?
I'd always get my legs out!

What about your least favourite part?
My bum, hips and tummy. Any class that works bums and tums, I'm in there.

And you guilty food pleasure is...?
A Galaxy Caramel bar. I have them a couple of times a week. I love sweet foods and I don't believe in cutting anything out.

Follow Nadia on Twitter @NadiaForde and Instagram @nadiaforde

NADIA'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

I have a juice with avocado, spirulina, spinach, celery, pineapple, apple juice and a squidge of lime.

OLLIE SAYS Morning juices are great for packing in vitamins and minerals. But this juice is very low-calorie and will leave you fatigued later in the day.



Lunch

Chicken with sweet potato fries or brown rice.

OLLIE SAYS Cooked in oil, the fries will be harmful to your health and waistline. Bake the sweet potato or opt for brown rice, which is high in fibre to help reduce blood cholesterol and maintain blood sugar levels.



Dinner

Fish with salad or greens.

OLLIE SAYS Fish and shellfish are a good source of omega-3 essential fatty acids, which your body doesn't produce. Omega-3s can reduce inflammation and the risk of heart disease. Green veg and salad can be consumed in high amounts and keep you full.



Snacks

If I snack, it's hummus or a celery stick with peanut butter. Sometimes a protein bar – but I know they're full of sugar.

OLLIE SAYS Hummus is a good source of fibre keeping you full for longer, but it's also high in fat, so watch out.



TOTAL CALS 1,146 (GDA 2,000)

VERDICT Nadia's diet is too low in calories she needs to increase this by about 500 cals. For breakfast, she should have a real meal, such as wholemeal toast and eggs or porridge. Her evening meal should have a portion of carbs to increase her energy intake.

Follow Ollie on Twitter @Ollie_Frost

Words: Lucy Gornall. Photos: Shutterstock, Xposure

Have you gone noseblind?

What you smell | What your guests smell



VOTED PRODUCT OF THE YEAR
Consumer Survey of Product Innovation 2016

Winner Air Freshener Category.
Survey of 11,586 People in UK & ROI by TNS.

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*each refill lasts up to 90 days if used for 12 hours per day at minimum setting

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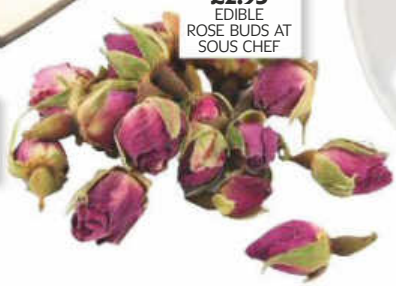
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£65
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£2.95
EDIBLE ROSE BUDS AT SOUS CHEF



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£20
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Words & Styling: Gilly Ferguson

YOUR PLACE mine

17 ways to put some phwoar into your home decor



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AMAZON.CO.UK



£30
DIPTYQUE ROSAVIOLA SOLID PERFUME AT LIBERTY



£6
CROCHET MAT AT MARKS & SPENCER

£775
NEXT



£5
GEORGE AT ASDA

£75
AMARA

£10
OLIVER BONAS

£5
GEORGE AT ASDA



‘I earnt cash from a spa day!’



Nicola Graham, 31, from Corby, reveals why she’s a fan of Quidco

Like most working mums, I never have enough time in the day. So I’ve always been big on online shopping. And when my sister recommended Quidco to me in 2009, I decided to give it a go. Once I’d got into the swing of shopping through Quidco, I was away!

Most of my best savings have been on everyday things. When I upgraded my phone with Orange, I got a whopping £120. And I got £50 cashback for buying landlord insurance.

It’s also a life-saver when it comes to my 10-month-old daughter Charlotte. Baby things can be really expensive but if we use Quidco at Babies R Us, we can get cashback on everything from nappies to toys. Quidco even came to my rescue when I was on maternity leave, giving me £15 for signing up to LoveFilm: ideal for when I needed to put my feet up.

Nicola’s earned £1,000

Best of all, though, a few years ago my partner Martin and I went on a spa experience and got cashback for going. Imagine, being paid to relax!

A real plus is that you can decide how much goes into your account. I’ve set it up so that whenever I earn £20, it goes straight into my bank account – just like that!

I’ve recommended Quidco to everyone I know and at first some of them think it’s too good to be true. Of course, the £1,000 cashback I’ve totted up over the years soon sets them straight!

Photo: Shutterstock (posed by model)

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Quidco

SATURDAY 13-FRIDAY 19 FEBRUARY

Scopes

Your week ahead with **David Wells**





AMANDA HOLDEN
turns 45 on
16 February

IF IT'S YOUR BIRTHDAY THIS WEEK...

As you launch yourself into a year where you can finally sort out financial matters and allow yourself more freedom to experience all the things you promised yourself you would, what's first on your list? You have until September before you need to start packing but pack you will. Career blows hot and cold until August, but eventually you find what's just right for you.

Photo: Rex

AQUARIUS 21 Jan-19 Feb

You're building planetary help as Mercury and Venus are moving in to join the Sun. What can you do with that little lot? Chatty, flirty, charming and persuasive; you can do just about anything.

Brighter days ahead – call for more.
UK: 0905 8171571* IRL: 1560 787911*

PISCES 20 Feb-20 Mar

As your birthday looms think about what you want from your year ahead, dream big, set your intentions high. Your intuition's stepping up a gear, learn to trust it and meet new expectations.

Call for more on career shifts.
UK: 0905 8171572* IRL: 1560 787912*

ARIES 21 Mar-20 Apr

You're not playing well with others or more specifically with those who you've found out a few home truths about and can't hide your disappointment. No need to, have your say the Aries way.

De-cluttering feels great! Call me.
UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

Things move in cycles. This week the career boost kicked off by the new Moon sees more activity in your professional sky, a cycle you should ride until you reach your dream job.

A social boost brings love. Call me.
UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

Knowing what you want and doing it are two very different things, so do you have what it takes, or are you going to be full of delays? Qualifications, visas, effective CV; paperwork ready?

It's a world of opportunity. Call me.
UK: 0905 8171563* IRL: 1560 787903*

CANCER 21 Jun-22 Jul

Help sending the right vibe to someone you like the look of, friend or something more, is coming to an end so either say hello or wave goodbye. It's front up or wish you had. Hello.

Work confusion is clarified. Call me.
UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

With the arrival of Mercury and Venus in your relationship sky, to join the Sun, it's time to find out what's going on with family, friends and colleagues and maybe take a new romance further?

Call for more news on finances.
UK: 0905 8171565* IRL: 1560 787905*

VIRGO 23 Aug-22 Sep

You're not one for missing out on the gossip, knowing who said what to whom is important, but what about acting on it? Wait, make sure what you've heard is the truth, these are tricky times.

New friends bring romance. Call me.
UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

You're turning into even more of a chatterbox than usual! That's not a bad thing Libra, especially if you're looking for some love action. Valentines fun and games abound.

Attached? Chats incoming. Call me.
UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

With the Sun, Mercury and Venus in your domestic sky it's time to pretty the house, whether that's a new house, new curtains, new partner or maybe all of them, it's up to you!

Fitness features firmly. Call me.
UK: 0905 8171568* IRL: 1560 787908*

SAGITTARIUS 23 Nov-21 Dec

Seeing yourself doing this or that is big in the new age world; pushing it out into the universe don't you know. You've been doing that for years, difference is it's coming to you. Careful what you wish for.

Cupid is active – call to hear more.
UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

You're not interested in what someone has to say when you know the facts, of course you do Capricorn, at least you think you do. How'd you like to be ignored? Someone deserves their say.

Help is at hand – call me.
UK: 0905 8171570* IRL: 1560 787910*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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The Fix

What'll get your pulse racing this week



FILM

Does what it says on the tin

Douglas Booth plays Mr Nice Guy Bingley, but will he catch the zombies?

Pride And Prejudice And Zombies

At cinemas 11 February

How cool is *this?* An all-star line-up (Lily James, Matt Smith, Douglas Booth, Suki Waterhouse and Charles Dance) form the cast of this zombie version of Jane Austen's classic. Not only are there awkward piano recitals to play and table manners to perfect, there are also freaky zombies to tackle. Intense! We love Lily as Elizabeth Bennet and Sam Riley does a brilliant job as Mr Darcy. This is one your boyfriend will love as well – trust us – because there's plenty of eye candy. This might be the best alternative Valentine's Day *ever.*

NOW RATING ★★★★★



DIVE IN

FILM

A Bigger Splash

At cinemas 12 February

Tilda Swinton, Ralph Fiennes and Dakota Johnson star in this remake of La Piscine. An idyllic holiday is turned upside down for Marianne (Swinton) when an old friend and his gorgeous daughter arrive.

NOW RATING ★★★½★



The anti-hero

FILM

Deadpool

At cinemas 10 February

Ryan Reynolds stars as Wade Wilson, a former member of the special services who, surprise, surprise, has superhero powers. And, like most superhero tales, Wade decides to track down his nemesis. Very darkly funny.

NOW RATING ★★★★★

A quickie with...

KRISTEN WIIG & CHIWETEL EJIOFOR

The Martian actors chat to us about the Oscar-nominated film...

Hey guys! Are you both big film buffs?

Kristen: Yes, I watch movies at home – but I haven't actually *been* home in a while.

Chiwetel: I watch a lot of box set stuff.

What was the dynamic like on set between the actors working on The Martian?

K: We felt like we were working closely with them because we had to act as though we were communicating with them and trying to bring them all home.

Were you jealous that they got to shoot space scenes?

K: Of course!

C: Yes – I mean, why else become an actor if not to become an astronaut?

What was it like working with legendary director Ridley Scott?

K: He's really funny and so easygoing. It could've been a serious environment because it's Ridley and because we're doing such serious stuff, but it was actually very relaxed.

C: Ridley's a deeply charismatic man and is so researched. He knows the world he's creating from the inside out.

What do you think of Matt Damon's performance?

K: Matt's unbelievable – just beyond anything I could've imagined. He was so funny, he made me cry. He's incredible.

C: It's really hard to imagine how difficult a part like Mark Watney is to play. To be in that level of isolation in a movie and to take an audience on through of these different emotions is just amazing. Matt's just a really talented guy.

K: Yes, he has that quality where you just want to watch him and everybody roots for him.

The Martian is out now on DVD and Blu-Ray



THE HOT SPOT

What makes us sizzle or leaves us cold



SO NOW

Geri Halliwell's Instagram
We're obsessed with Ginger Spice – especially her attempts at baking. She's about as good as we are (IE not very).

TV



David Schwimmer in The People V OJ Simpson
BBC2, 9pm, 15 February
He's playing Robert Kardashian (Kim's dad) in this dramatisation of the OJ Simpson trial, with John Travolta and Cuba Gooding Jnr.



Chinese New Year: The Biggest Celebration On Earth
BBC2, 9pm, 14 February
We're loving the Beeb's coverage of Chinese New Year. Expect food from the Hairy Bikers and lots of fireworks.

SO NEVER

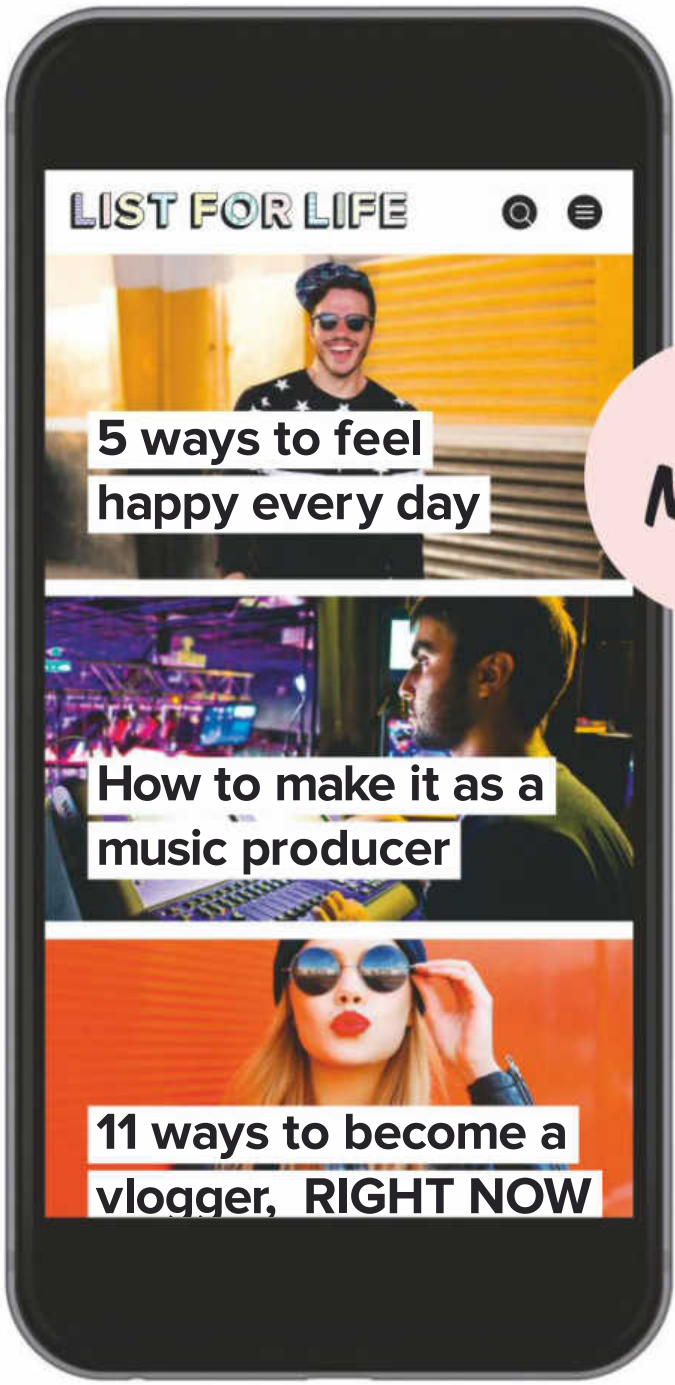


Valentine's Day
Love it or loathe it, it's the most romantic day of the year this week. Not that we're hating the chocolate, but it's just so CHEESY!

January detox
Step aside, zen bunnies – we're back on board the alcohol and takeaway express now that January's over. Yay!

VISIT

LIST FOR LIFE.NET



NEW!

A new site for inspirational stories and career advice to achieve your #goals

♥ WHAT YOU DO

The Fix

Chilling IN



Gogglebox
Channel 4, 9pm, 19 February
TV
If you're not acquainted with Sandy and Sandra and the gang, now's your chance. The BAFTA-winning show is back for another series.

Control by Rosie Lowe
Out 19 February
ALBUM

We love this debut from gorgeous multi-instrumentalist Rosie (check out those cheekbones!). She has a gorgeous voice and we love the feminist undercurrent to tracks such as Woman and Nicole. Totally the new Jessie Ware.



Girls: The Complete Fourth Series
Out 15 February
DVD
Lena Dunham's announced that the sixth series of Girls will be the last, so it's a good time to catch up with Hannah and the others as they battle through adulthood.

One Child
BBC2, 9pm, 17 February

TV
This drama coincides with Chinese New Year and tells the story of Mei (Katie Leung), a baby adopted from China and brought to the UK. But out of the blue, Mei gets a message from her birth mother in China. It seems she wants to meet her...

Chilling OUT



Reading and Leeds Festivals
26-28 August (readingfestival.com)
FESTIVAL
With two fests to choose from, you're not too far from one of them. Foals and Disclosure headline, with Red Hot Chili Peppers, The 1975 and Two Door Cinema Club among many others playing.

HSBC London Sevens
Twickenham Stadium, 21-22 May (worldrugby.org/sevens-series)
What's better than hot guys running around in shorts? Not much – especially when there's also fancy dress, pints, yummy food and DJs involved.


EVENT

London Super Comic-Con
ExCel Centre, 20-21 February (londonsupercomic convention.com)
EVENT
Head to the UK's biggest comic festival, along with fans competing to look like their fave superhero. Bagsy Wonder Woman!

Dreamland presents Kiss Me Quick
The Roller Room, Margate, 13 February (dreamland.co.uk)
Perfect for Valentine's Day! Kitsch, retro and *free*, you can skate along to 80s and 90s tunes at the revamped resort.



EVENT

Words: Rosie Gizauskas. Photos: Photoshot, Rex Features, Shutterstock, LMK



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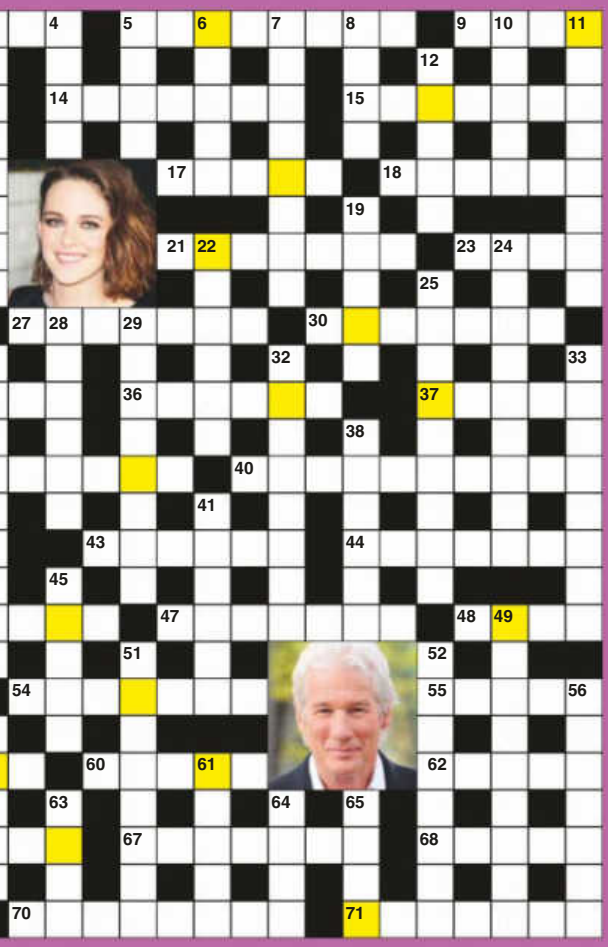
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Celebword

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what links Kristen Stewart with Hollywood superstar Richard Gere?



ACROSS

1 Leafy, green veg (7)
5 Vandalous thug (8)
9 Huge, enormous (4)
13 Soup-serving spoon (5)
14 Photo taken from a very short range (5-2)
15 Brutal, cruel (7)
16 Write in capital letters (5)
17 Bent down (5)
18 Sportswear brand (6)
20 River or sea mammal (5)
21 Portable source of electric power (7)
23 Fairytale giant (4)
26 Optical glass (4)
27 Place for rearing plants (7)
30 Revolved (7)
34 Letters taken by plane (7)
36 Repeat from memory (6)
37 Door-hanging metal part (5)
39 Slept through the winter (10)
40 Female attendant at a wedding (10)
42 Regulations (5)
43 Japanese art of cultivating little trees (6)
44 Resident schoolchild (7)
46 Freedom (7)
47 Sniggered (7)
48 Network, mesh (4)
53 Female relative (4)
54 Covered against loss (7)
55 Writing sheet (5)
58 Shiny silver metal (6)
60 Change to suit circumstances (5)
62 Gold mould (5)
66 US grasslands (7)
67 Weapon fired from a submarine(7)
68 Aussie marsupial (5)
69 Conk, hooter (4)
70 Angle of slope (8)
71 Playhouse (7)

DOWN

1 Syncopated Caribbean song (7)
2 Shuttlecock game (9)
3 Opening in a camera's 26 Across (8)
4 Engrave with 8 Down (4)
5 Boxer's swinging punch (4)
6 Atlantic or Pacific (5)
7 Bad mannered (8)
8 Corrosive liquid (4)
10 Having weapons (5)
11 Rare metal used in lamps (8)
12 Protect from the sun (5)
19 Medical photographs (1-4)
22 Angola's continent (6)
24 Large island in the Northern Atlantic (9)
25 Sailor of a small boat (9)
26 Traditional clothes worn by bikers (8)
28 Remove the cargo (6)
29 Buildings inspector (8)
31 Courtroom lawyer (9)
32 Garden bird with black and brown plumage (8)
33 Offered, made a bid (8)
35 Revolt, mutiny (9)
38 Fit to be eaten (6)
41 Show ambition (6)
45 Be a candidate in an election (5)
49 Disgusting, revolting (9)
50 Cooking pot (8)
51 Obsolete, old fashioned (8)
52 Lightly scatter (8)
56 Go back over (7)
57 Well dressed (5)
59 Bellows like a lion (5)
61 Money-bag (5)
63 Rip (4)
64 Warmth (4)
65 Twelve inches (4)

ANSWERS

ACROSS **1** Cabbage **5** Hooligan **9** Vast **13** Ladle **14** Close-up **15** Inhuman **16** Print **17** Knelt **18** Adidas **20** Otter **21** Battery **23** Ogre **26** Lens **27** Nursery **30** Gyrated **34** Airmail **36** Recite **37** Hinge **39** Hibernated **40** Bridesmaid **42** Rules **43** Bonsai **44** Boarder **46** Liberty **47** Giggled **48** Grid **53** Aunt **54** Insured **55** Paper **58** Chrome **60** Adapt **62** Ingot **66** Prairie **67** Torpedo **68** Koala **69** Nose **70** Gradient **71** Theatre **DOWN** **1** Calypso **2** Badminton **3** Aperture **4** Etch **5** Hook **6** Ocean **7** Impolite **8** Acid **10** Armed **11** Tungsten **12** Shade **19** X-rays **22** Africa **24** Greenland **25** Yachtsman **26** Leathers **28** Unload **29** Surveyor **31** Barrister **32** Starling **33** Tendered **35** Rebellion **38** Edible **41** Aspire **45** Stand **49** Repugnant **50** Saucepan **51** Outdated **52** Sprinkle **56** Retrace **57** Smart **59** Roars **61** Purse **63** Tear **64** Heat **65** Foot **BONUS ANSWER** Both play the trumpet

Photos: Rex

Now

Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU
Editorial tel 020-3148 6373
Advertising tel 020-3148 3668
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Intern Alex Hambis

CONTRIBUTORS
News & Showbiz Lauren Franklin, Sarah Robertson
Art Sofia Bakhsh, Cheryl Headlam
Pictures John Gooch, Reena Ratan
Subbing Gemma Birss, Jennifer Bradly, Michael Darling, Sally Jones, Jo Lodewyke, Julia Newcombe, Sean Lynn, Kate Vale
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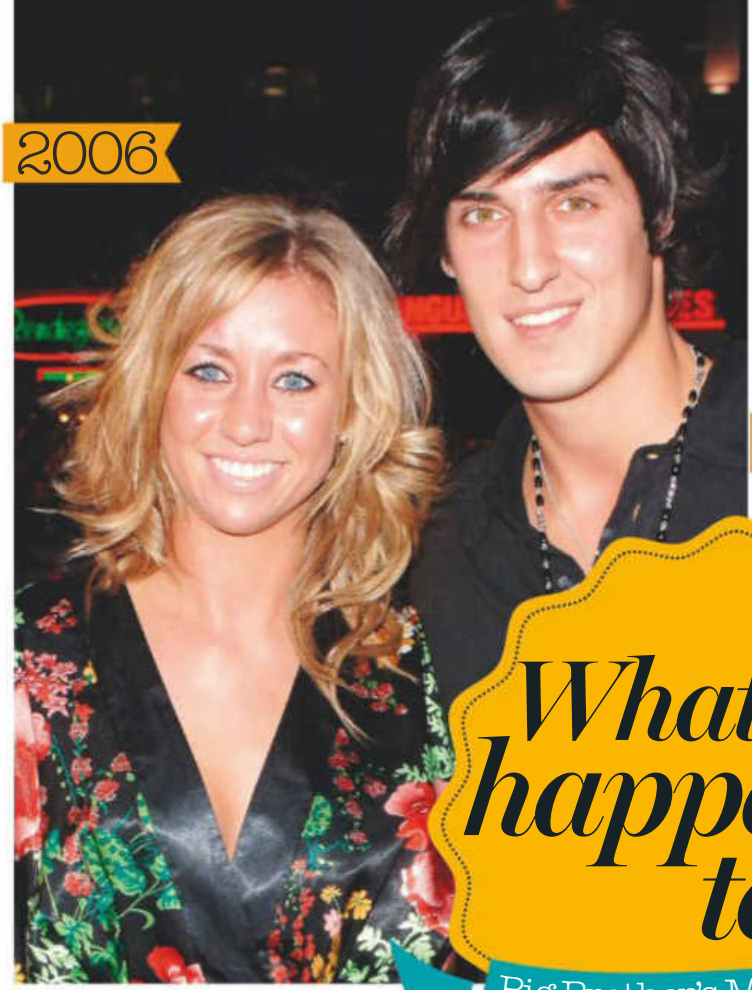
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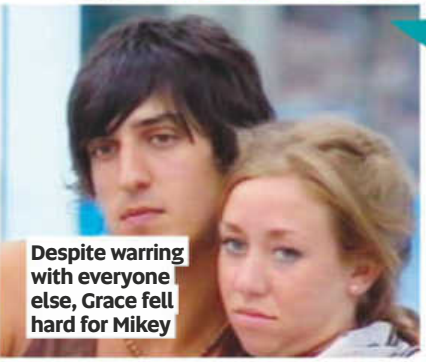
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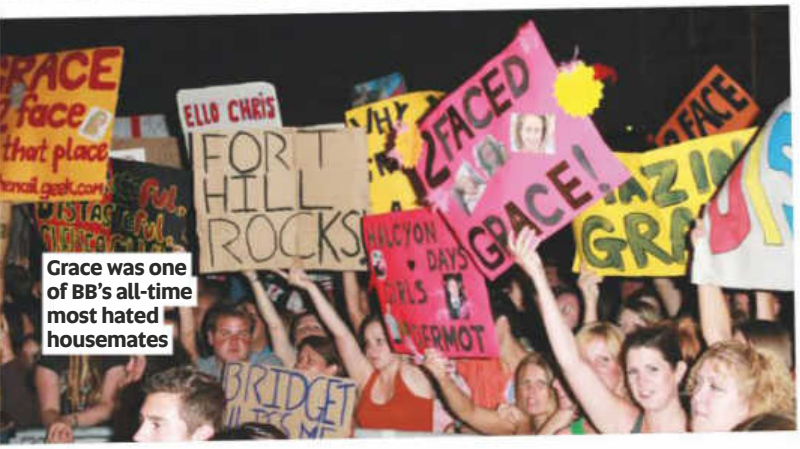


Whatever happened to...?

Big Brother's Mikey Dalton and Grace Adams-Short


Despite warring with everyone else, Grace fell hard for Mikey


The couple wed in 2009 and are still together 10 years after BB



Grace was one of BB's all-time most hated housemates

Ooh yes, didn't they get married?

Yes – proving that reality show romances sometimes do last. After meeting on Big Brother in 2006 (series seven), they wed in 2009 at a church in Plymouth. And they're still going strong now. 'I've just had our second child,' says Grace, 30, tells us. 'We've got a growing brood, with three-month-old Spencer and Georgiana, who's four. We're looking for a bigger house!'

Wasn't she unpopular?

Yeah, you could say that. Grace was even once voted one of the most hated housemates of all time, but thankfully that didn't stop Mikey, also 30, falling for her. The one-time 'superbitch' now says she's nothing like the girl we watched throwing water over her fellow contestants.

Fight night

While most housemates came to blows *on* the show, Grace found herself in fights once she'd left. The star was 'scarred for life' after an attack outside a London nightclub following her eviction. Speaking of the incident, she reveals: 'It had nothing to do with Big Brother. I doubt [the attacker] even recognised me... he was just completely off his face and lashed out at me.'


Grace and Nikki Grahame are still in touch

What are they both up to now?

Trained dancer Grace – who also won reality show Cirque De Celebrité in 2008 – has set up her own performing arts academy in Liverpool, while Mikey has his own advertising company. 'It's funny because in meetings clients will say to him: "Where do I know you from?"' Grace jokes. In fact, she doubts they'll ever be truly able to escape their Big Brother fame. 'I often get students telling me: "My mum says you threw water!" and I have to act like the professional principal. It's the worst thing when you're trying to be respectable. It's as if my gap year was filmed and everyone saw it.'

Do they still hang out with any of their old housemates?

'I saw Nikki Grahame when I was in London last summer,' Grace says. 'But the showbiz scene was never for me. They all go to the opening of a bloody envelope. Bless Aisleyne Horgan-Wallace, though – she's still trying to find a fella to buy her Louboutins. At least I can buy my own!'

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – tweet us at **@celebsnow**

Words: Joshua Fox. Photos: Retna, Rex Features, WENN



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